

Journal of the hopeless

Posted by MosheF - 03 Nov 2010 13:16

I call this journal of the hopeless because that's basically what I am. Tried almost everything but don't seem to have the ability to commit to anything or open up to anyone. It's probably a physiological disuse but I can't help it.

I am locked in a vicious cycle of good, bad and ugly days. Every time a few good days pass, I get the good feeling and forget about my effort of recovery even though I know it won't last. Fact is I can't stop acting out and can't help myself.

I'm bothered when I read posts on GYE because most of them focus on positive recovery, as they should. Maybe because misery loves company, I want to see some other miserable addicts like me. It seems that GYE and the chizuk emails are full of people who were addicted, bumped into GYE or SA one day and stayed (almost) sober ever since. There is very little hopelessness here, there have got to be more people like me who feel so hopeless and don't just recover with the first thing they do. Years ago, I thought I was the only guy in the world with this problem until I found out that many suffer with this addiction, but today I believe I'm the only guy in the world who cannot recover.

On the optimistic side, I've been actively trying to stop my 15 year addiction for more than 4 or 5 years and through the work I've done over the last few years (SA, phone conferences, GYE and therapy), I am way more in touch with my feelings, I see the very clear link between my fears of facing daily life/disconnection to life and my acting out. I clearly see that I run to porn as a drug to make myself feel better and that acting out is my drug. I am afraid of so many things that don't even make sense. A few years ago, I didn't believe any of that, it was all just a yetzer hora.

I am also having some more up time, meaning that although I act out on a regular basis, the hours of living life have increased dramatically and the hours spent in isolation are decreasing slowly.

I have a very hard time posting on GYE, every time I want to post, I find another excuse why not to or why to wait or what people will think etc.

For one week bli neder, I am going to post twice a day on this thread, I don't care who reads it (I do care). I am going to post about what is going on at that time and admit when I fall, and fall I will. Statiscially, I fall about 5 times a week.

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Re: Journal of the hopeless

Posted by an honest mouse - 09 Nov 2010 17:02

well done moshe, we're all rooting for you, that is one bold step to take!

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Re: Journal of the hopeless

Posted by briut - 09 Nov 2010 17:50

[MosheF wrote on 09 Nov 2010 16:26:](#)

if I don't then I will put a certain amount of money in the garbage (tzedoka makes me feel good).

Wow! That is truly inspired and inspiring! Taking something useful/valuable and making garbage out of it seems like a perfect analogy to messing up, too.

Kedusha said, give it tzedaka without counting as maaser etc. I'm on your side. Take something that COULD be going to tzedaka and COULD be doing good and instead, simply making it valueless... ought to make such a huge impact on you that you will hesitate before doing it again. Wow.

So I'm on your side: throw that money in the garbage and cry over the hungry people you've just deprived. Shkoiach!

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Re: Journal of the hopeless

Posted by MosheF - 09 Nov 2010 20:39

Thanks guys. Evenings are usually very hard for me and I have something going on tonight so that's good.

Did i mention that when I said except for shabbos and in middle of the night, nighttime starts at

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Re: Journal of the hopeless

Posted by MosheF - 10 Nov 2010 13:50

Post 1 today.

Still sober, hope I can keep myself busy today, many challenges at work that tend to make run to the internet.

shkia and in Kabbala Shabbos starts on Wedsnesday and continious through Tuesday

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Re: Journal of the hopeless

Posted by an honest mouse - 10 Nov 2010 14:06

we're here for you, stay close-by. escape to us, instead of elsewhere.

I try to take a deep breath and a couple of minutes away from work, I go for a walk round the office and space out.

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Re: Journal of the hopeless

Posted by MosheF - 10 Nov 2010 21:31

I feel really stupid about something that happened about an hour ago and I am finding myself going to websites to make me feel good. Reminds me of "there is no situation where acting out would make me feel better".

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 10 Nov 2010 21:33

try escaping to GYE...

talk to Hashem about how you feel, spill it all out to Him

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Re: Journal of the hopeless

Posted by MosheF - 10 Nov 2010 22:58

I fell, the pressure was too much and I just went online and wham, it's over. I technically posted prior to the fall so I don't know if I own anyone money, I believe I don't. Let Kedusha decide.

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Re: Journal of the hopeless

Posted by yedidya aleph - 11 Nov 2010 02:24

oiy vey! we must have the same mazel. i have been chained to the computer since this afternoon. really planned to go to SA meeting tonight, but the YH held me hostage. Hashem Yracheim Oleinu! tomorrow is another day! u have not lost until u stop trying!!

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Re: Journal of the hopeless

Posted by MosheF - 11 Nov 2010 14:24

I promised to post every day but don't have much to say, I hope to be busy today.

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Re: Journal of the hopeless

Posted by ZemirosShabbos - 11 Nov 2010 15:12

good for you, MosheF, for staying in the game and for posting and for being busy, all those are great things!

hatzlocha rabba!

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Re: Journal of the hopeless

Posted by Kedusha - 11 Nov 2010 15:59

[MosheF wrote on 10 Nov 2010 22:58:](#)

I fell, the pressure was too much and I just went online and wham, it's over. I technically posted prior to the fall so I don't know if I own anyone money, I believe I don't. Let Kedusha decide.

I defer to Guard.

Moshe, your post contains an important point - that the pleasure is so quick and fleeting. It seems that the y"ח is getting the much better deal - putting us in misery for days, weeks, or months, for a few seconds of intense pleasure. The funny thing is that we let him get away with

it!

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Re: Journal of the hopeless

Posted by MosheF - 12 Nov 2010 14:12

I fell last night. I knew it a few hours earlier, it was not the fall that bothers me, that was inevitable once I ran away from life, but the NEED I had to run away for the entire night to run away, and give in I did, I went to my office last night to "work" and fell right through the roof. I should have called someone a few hours earlier but didn't have the guts or even who to call.

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Re: Journal of the hopeless

Posted by ur-a-jew - 12 Nov 2010 14:26

Moshe I sent you my number. Hang in there Shabbos is coming.

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