

not god: 3.5 years sober - what worked for me
Posted by notgod - 03 Oct 2018 14:54

Hello

My name is boruch and I'm a sexaholic.

Thanks to Hashem, the 12 steps of Sexaholics Anonymous, my sponsor and the fellowship of SA I am gratefully sober for just over 3.5 years (for which I can never be sufficiently grateful).

I tried for many years to stop acting out.

Some of the methods I used were:

praying and crying to Hashem, devotedly reading the gye website and chizuk emails etc, employing the taphsic method: fasting (which I hated), paying fines (large ones too!), going to the mikva (sometimes more than once a day - which I hated even more than fasting), phone conferences etc) but I was never successfully clean for long. I had plenty of 14/20/30 day streaks, but always fell in the end.

It wasn't until I walked into a room of fellow addicts and admitted my utter defeat and the unmanageability of my life (step one) and got a sponsor to help me work the 12 steps that I was given the gift of sobriety.

Thank God my life today is completely unrecognizable from before, in all aspects. In particular, I am generally lust free from all forms of pornography and have periods of time of genuine serenity; a gift given to me by Hashem one day at a time.

If I can be of any help, I would be pleased to share any of my experience, strength and hope with you.

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Re: not god: 3.5 years sober - what worked for me
Posted by the.guard - 03 Oct 2018 17:16

Beautiful!

Can you sign up to be a sponsor on our partner/sponsor program?

guardyoureyes.com/tools/partner-program

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Re: not god: 3.5 years sober - what worked for me
Posted by notgod - 04 Oct 2018 11:04

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Re: not god: 3.5 years sober - what worked for me
Posted by Tzvi5 - 20 Feb 2019 21:15

Don't see how any of those above mentioned methods, would change a how person feels, or acts.

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Yes - with pleasure. Just joined.