Leading Up To Acting Out

With work becoming more stressful each day the more the feeling increased for me to act out. Completing my last two classes that determine whether I graduate played a part in my stress too. Me thinking of the possible outcome of me not passing them even though I had A’s in both classes troubled me. I would play video games or watch one of my favorite shows to clam me down, but I didn’t reach out or used the sources like the WhatsApp , Meetings, or contacting my sponsor to tell them about my stress. Then one day I just had enough, and the stress was overwhelming, and I acted out by watching porn and masturbating.

Acting Out

After I acted out it felt good for a short while, then I realized that I have ruined my sobriety, and worse than that I could ruin my relationship, but that didn’t stop me from continuing to act out. It was a fast and easy way to deal with my stress, even though it wasn’t the right way to deal with it. My girlfriend would ask me if I was watching porn or masturbating, and I would lie in her face and said no. When I was writing out my fear list she saw a fear of relapse and was worried. I told her that isn’t apart of me anymore, lying straight to her face, because I was acting out at the time once or twice a week. I would feel ashamed of myself after I act out, saying okay this is the last time, and that I needed to stop. I even thought about confusing to my girlfriend about my acting out, but I was too scared to tell her, because of the consequences my actions. I was even lying to my sponsor on our weekly checkups, saying that I was doing fine, and wasn’t acting out and that I didn’t have any problems or worries.

Getting Caught

One night my girlfriend came over and I was sleepy from work. When she came over I fell asleep and she went through my phone, and found a mature video, and woke me up, and said your still watching porn. I denied it at first, and I saw the pain in her eyes as she started to cry, so I finally told the truth and shook my head yes, in shame. She said she was done with me and went to go tell my mom we were breaking up. When my mom came to the door, she took her into a room and talk to her. After a while my mom came into my room and asked what was going on as I sat on the bed crying silently. She kept asking what’s wrong and saying you can talk to me about anything. My mom not knowing about my addiction I finally said that I was addicted to porn, and started crying more, because of how ashamed and frighten I was of what she would think of me. She comfort me and told me about all the men in my family and how they watched porn. She told me I shouldn’t lie about to someone that is trying to help you and someone that already knows your struggles. Then my girlfriend left, and blocked me on everything. I felt terrible for hiding and lying for a complete two months. We didn’t talk until the next night, because I was just thinking about how I messed up so badly and how I made her feel so I called her, and I could hear the pain in her voice because of what I did. We talked about the pain I caused her lying and thinking or relationship was getting better, but it was all a lie. That made me hate what I and myself for what I did and the pain and harm I caused by lying and hiding porn. She told me that I can’t give up on myself like that, and that I can always contact and talk to her, and that even if I don’t feel like talking to her there are others that will in the program. She also said I am not alone and can also reach out and look for help.

Then I had to come clean to my sponsor who I’ve also been lying to through my journey in the program. I felt fear of what he would say and think and how he would respond, but I know I also had to be honest with him if I want to help myself and my recovery. He wondered why I felt like I couldn’t speak out about my acting out, and I answered because I wanted to feel perfect and that I was scared of what others would think about me and judge me for it. He told me it isn’t a popularity contest and that he is here to help me, and he can’t do that if I’m not honest.

Aftermath

Going forward after my relapse I am getting more involved and contacted others from the program. I also reached out in the WhatsApp group hoping I can find others to talk to and get tips and help from whenever I feel like I have an urge or just even to chat about our recovery or hobbies. I have two numbers so far hoping to get more. After reaching out I felt like there are others out there that will listen to me and help me through my journey. That made me feel happy and hopeful. My girlfriend and I talked and when she asked me questions, I answered them truthfully. We discussed our feelings and how she felt about our relationship. We also discussed what I am going to do differently moving forward, which is become open and reach out when I feel I have urges or feelings of acting out. We also discussed me going to the therapy to finding the reasons why I have to need to hid things and the reason on why I felt the need to not be open about my feelings. I was glad that she is willing to work things out and stay with me throughout my recovery, because I would hate to lose her. Moving forward throughout my recovery I am feeling more confident and more positive knowing that all I had to do is be open and discuss my feelings to stop me from relapsing again. I have to work the program and keep my head up.