

Sobering up - 12 Step Recovery

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It's been less than a week and I've been sorely tempted by that computer upstairs. For an alcoholic, that would be like a beer in the refrigerator. Tossing and turning, I contemplated several times going back up, closing the door, and getting into the bad stuff. Somehow I managed to avoid it.

I find the really scary part my willingness to expose myself online to people with a webcam. That's something that I've not done but a couple of times, but it is dangerous in many ways. I know it's not safe. So I need to keep clear of that. X-rated material is bad enough, but the acting out is what is so bad.

Not sure how I managed to get through the night, but I must have been especially tired. At any rate it is now morning and I think I can manage the rest of the day. Today, however, like most days, I will be able to spend a lot of time alone with my computer. Much temptation.