

Struggling with a Trigger or Encounter

Thursday, November 12, 2015 9:30 PM

Truths About Me

- My body and mind did respond. I was interested and felt the excitement of attention, interest, and acceptance. I felt the familiar anticipation of physical stimulation. I felt the rush of clandestine adventure. All this means is that I encountered a stimulus and felt an initial reaction. It does not mean I have to respond with an action. It doesn't mean I have slipped yet.
- I cannot help but respond to these unwanted stimuli. I trained my mind and body over a long time to respond like this. I need to keep retraining my mind and body to respond differently.
- I can choose whether I will continue longing for something that I cannot and should not have
- I will cause myself and those I love great hurt
- I will be ignoring a host of supporters that stand ready to encourage me
- My body and mind think they want this, but they are wrong
- I will feel disgust and shame if I respond to this
- I will deeply hurt my wife and will jeopardize our relationship
- I will fall into a growing cycle of needing more and more
- I start down a slippery slope of having already made a decision if I keep revisiting the scene in my mind and re-invoking the feelings and emotions