

FROM: 23038076
TO: Lummus, 
SUBJECT: step 1
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Step 1 (Continuation)

7.5.12

Good examples of my powerlessness were my inability to stop my acting act, even at work. What once was just an occasional activity late at night, because first every night. Then spreading to during the day when not at work, then finally at work. The craziness is that this is a heavily monitored federal work computer environment. This powerless stop had real consequences on my work and family life. While my wife did not find out about the acting out till after I was arrested, it still affected my interaction in the marriage. I was not there for her and she could feel it. Then after the FBI showed up and took our computers, then she found out the full extent of my betrayal. Her trust in me was no more. The person she wanted to spend the rest of her life with, gave it all away. How devastating is that?

I affected my son as well. I was as unavailable to him too. I thought I could divide my life between my public life and my private actions. When it was not an addiction, perhaps, but once the addiction kicked in forget it. My acting out took over my time and my attention. The way I let my son down by modeling unsafe behavior hurt as much as anything else. To lose the respect of my son was really hard to see in his eyes.

My work suffered as too. Once the acting out started hitting the workplace, my work product really went downhill. More mistakes and sloppy work as my attention was not where it should be. I was put on probation, and if I was not arrested, I could see me being let go. I let my coworkers down.

My activity had other victims as well. Anyone I interacted with the internet was a codependent with me. I was helping to keep them enslaved to unhealthy and illegal activity. Finally, I harmed myself. I was depressed, guilt ridden, low self worth due to my deceitfulness (work and marriage). The self I thought I was - was no more. The person I became - was unrecognizable. If I wanted to create a me that made me proud, I would need to ~~do~~ change how I was living and dedicating my time and energy to something other than an addiction that was robbing me of all that makes life worth living. I am ready for a life without addiction as my higher power.

allan lummus

mindful prisoner

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