

Stopping addiction without 12 steps??

Posted by Avrom - 04 Mar 2013 17:18

Lets assume I'm addicted. But I'm able to stop - for 90+ days (thaphsik etc.) Does the addiction dry out by itself (and lusting returns to normal y"h) or are the 12 steps the only hope??

You may ask: "if you can hold it in, who cares that youre addicted??" I want to know if the urge will stay on this level. If it does i need to do something to help me control it.

Also will the "90+ days clean" perhaps prove that i'm not a addict??

Truth is I'm not even close to to 90 days, but need to know if this is a option??

=====

====

Re: Stopping addiction without 12 steps??

Posted by Dov - 19 Mar 2013 20:37

Yes Emu...but sadly, you speak of saving ourselves "*even at personal cost.*" Yet so many are not willing to take **any** real action! Action? Sure...*as long as it is not real!*

Hiding behind a computer wrapped in a fake name saves us from *any* personal cost that is really *personal* - really real!

When Rabban Yochanan ben Zakai was dying, he blessed his talmidim - who were *tanno'im!* - that they should have fear of Heaven that is as real as their fear of real people. They were dissapointed, and told him so. He reminded them that we are all fakers. Even these talmidim were fakers on some lofty level. Open communication with a real live person is another world entirely. A world that Rabban Yochanan ben Zakai said motivates us more than yir'as Hashem probably ever will - even for tanno'im. Yet here we are, many of us making great personal sacrifice - as long as it isn't really personal...

My prayer is that more guys use this forum to *make friendships that are real* - chat and call other guys who are sincerely sacrificing to get better be"H. Make real friends and meet eachother. Get out of the shadows.

This geulah is kosheh. Ksheh, me'od.

Search "Captain Kirk" on this forum, for more on the beauty of realness and ending the double life and making it *one* life. It's what yichud hama'aseh means.

Love,

Dov

=====
=====

Re: Stopping addiction without 12 steps??

Posted by markz - 13 Nov 2015 21:24

b u m p

=====
=====