

I cant accept acceptance or the 12 steps
Posted by maybethistime - 14 Jun 2013 11:58

It is very bizar, I have no problem realizing that I have no control over my problem, thats pretty darn obvious. where i think my problem is, is in internalizing the ralazation that this means I am powerless. I kinda realised this when I noticed I was beating myself up after my last fall. I just got so unbelievably frustrated (in addition to depressed and exhausted). Then it dawned on me, I can only sincerely get frustrated at something if deep down I believe I had some control.

I had posted once before of my preveous struggles with the SA program. what I think never clicked was that there were all these people who were sober for years...and still there at the meetings more regularly than I. It just didn't (and still doesnt fully) make sense to me if you are sober then why are you here. I guess I never really wanted to accept that maybe I am different, and will be forever, and that this is not a problem that a few meetings and a therapist is going to solve. I am not saying I didnt put a real effort into both, I traveled a long distance once, and sometimes twice a week to go to meetings, i had a sponsor and read the big book. I had meetings with a therapist for a long time and got to some pretty heavy places. but at the end of the day i kind of gravetated away from it all. I think both because I realized I wasnt really 100% in it, and also because my natural mechanism is to withdraw and avoid -- to be alone -- and to self comfort.

So basically. I wanted some help with this problem of acceptance, and maybe with being able to really take the steps necisary to be free of this problem once and for all.

A little more about the problem. In general when I see people who have completly given themselves over to the life and lingo of the 12 steps, it makes me feel a little sorry for them and uncomfortable at the same time. For some reason I see them as week people who have chosen to get lost in something bigger than themselves to be able to solve a problem that they could not on their own. And by something bigger than themselves i dont just mean a higher power, I mean the religion that is the 12 steps. There is a common sacred text, and common customs of how to talk and interact. I think that i am ready to relinquish myself to a higher power (I obviously have a lot to work on, and still think I havent fully comprehended what exactly it entails), but i am not ready to relinquish myself to the steps. And yet I have to admit there is simething to the program.

There are other things in the program that didnt click at the time but its been to long so I cant really remember well enough what they were.

I would greatly appreciate some advice --Thanks

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Re: I cant accept acceptance or the 12 steps
Posted by gibbor120 - 20 Jun 2013 22:46

I actually asked guard why it isn't in the ebooks section, and apparently, SA won't allow others to post it on their website.

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Re: I cant accept acceptance or the 12 steps
Posted by Gevura Shebyesod - 20 Jun 2013 23:04

I think it actually was on GYE years ago but SA made them take it down.

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Re: I cant accept acceptance or the 12 steps
Posted by maybethistime - 21 Jun 2013 12:48

Ime feelin the heat today.

I feel this urge to lust and fantasize. I feel kind of blank, maybe its isolation. I don't know, I am trying to sit down and study for a test, and I am just going from one distraction to another (so far the good type like surfing aish website and whatnot), but I think I am still feeling shame and or disappointment for not being able to focus. That's where the familiarity of the drug lies. It is not attacking me with outright fantasies but it is lying there in the background and letting me know its there.

It hasn't grabbed me directly that I can ask Hashem to take it away from me, it is more subtle than that, which is why I feel like I cant let my guard down.

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Re: I cant accept acceptance or the 12 steps
Posted by skeptical - 21 Jun 2013 16:18

I'm confused. Why can't you ask Hashem to please take away the nagging thoughts?

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Re: I cant accept acceptance or the 12 steps
Posted by gibbor120 - 21 Jun 2013 19:02

maybe get up and get out, call a friend, do something different that is engaging. do some weight

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Re: I cant accept acceptance or the 12 steps
Posted by maybethistime - 23 Jun 2013 00:42

I'm confused. Why can't you ask Hashem to please take away the nagging thoughts?

I don't know how it is with other people, but sometimes with me I feel the urges surging in my body more than a direct fantasy. And then I feel like if I ask Hashem to take it away I will then end up thinking about it. Instead I try distracting myself so that the fantasy doesn't become overwhelming. Plus I am always afraid that if the fantasy becomes overwhelming that I will not want to ask Hashem to take it away, that's why we don't take the first drink, isn't it.

lifting
Thank g-d I made it through Shabbat.

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Re: I cant accept acceptance or the 12 steps
Posted by gibbor120 - 25 Jun 2013 01:14

[maybethistime wrote:](#)

I don't know how it is with other people, but sometimes with me I feel the urges surging in my body more than a direct fantasy. And then I feel like if I ask Hashem to take it away I will then end up thinking about it. Instead I try distracting myself so that the fantasy doesn't become overwhelming.

It sounds like the stress trigger. Just a buildup of stress from something. I agree, get involved with something else. That is usually best.

Hatzlacha!

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Re: I cant accept acceptance or the 12 steps
Posted by maybethistime - 25 Jun 2013 01:43

I hear it. It could be actual stress which I have never really allowed myself to feel because I always numbed it with the drug.

Do other people also have that experience. There is a lot of that type of stuff in the white book and also in the therapy I had, and to tell the truth I am not sure how much of it is real and how much of it is suggestion.

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Re: I cant accept acceptance or the 12 steps
Posted by needtoquit - 26 Jun 2013 07:26

[maybethistime wrote:](#)

I guess I never realized the importance of Shmeras Ainayim, or having aggressive and active shemiras ainayim like you posted earlier. maybe I still don't. which is interesting because that seems to be the basis of this whole website. I maybe am focusing on just stoping the p and m and explicit fantasies, everything else just doesn't seem so bad as long as it doesn't become explicit in my mind. meaning up until now I wouldn't consider it a slip (or at least a major slip) for looking twice at an attractive girl, but I would have if I fantasised about it later (or then and there).

I feel like I am missing something big. I understand the importance of guarding your eyes, but I wouldn't name the whole website after it if you know what I mean.

I know that you got over this but I thought that it might be helpful for others.

While porn is a huge problem it is really just one of the symptoms. I'm not gonna go all out and . However, at the very least it is certainly a symptom of our lust addictions. Always remember, it isn't called a porn addiction rather a lust addiction. That is why guarding your eyes **is** so essential to recovery.

I also used to use my lust as a stress medication. When I finally found GYE's someone pointed out me that it actually increases stress. After that I did the math and realized he was right. Lusting doesn't make the sources of your stress go away and it just adds more, cleaning up, guilt, regret, more lost time, etc. So all cost, no reduced stress, and just an infinitesimal moment of pleasure... just sounds like a bad investment.

Hatzlacha and keep up the good work.

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Re: I cant accept acceptance or the 12 steps
Posted by AlexEliezer - 26 Jun 2013 17:36

[maybethistime wrote:](#)

say it is a symptom of not living, I'll leave that for the better men then me

I hear it. It could be actual stress which I have never really allowed myself to feel because I

always numbed it with the drug.

Do other people also have that experience.

I certainly did. It didn't have to be huge, unsettling stress. Just the stress of having a project to tackle would send me off into fantasy land.

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Re: I cant accept acceptance or the 12 steps
Posted by needtoquit - 26 Jun 2013 18:43

[maybethistime wrote:](#)

I hear it. It could be actual stress which I have never really allowed myself to feel because I always numbed it with the drug.

Do other people also have that experience.

Absolutely! And as AlexEliezer points out it doesn't need to be anything major. Even stress from something you enjoy. For example I used to waiter in my Yeshiva on Shabbos, thoroughly enjoyed it, and then Motzei Shabbos be so stressed from all the work that I'd watch TV or

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Re: I cant accept acceptance or the 12 steps
Posted by maybethistime - 28 Jun 2013 00:30

I hear it.

I am feeling a little down, and I am at home where I usually slip.

In my room there is the house computer unfiltered.

pray for me.

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Re: I cant accept acceptance or the 12 steps
Posted by skeptical - 28 Jun 2013 00:56

You have the ability to stay clean even when at home. Just because it's there doesn't mean you need to access it. Find something else to do.

Hatzlacha!

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