

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

Shalom

I am in my 40s married with children

Recently, I decided to get help on a serious level with my addiction .

My mind wanders and the tayva builds.

It would be easy to blame this on the lack of excitement in marriage intimacy, but I had done this at times before marriage, and at times, when marriage bedroom was good, I'd still fall. Perhaps it still is the reason, but marriage stuff is probably not gettin' better anytime soon.

I have more to write, but as this is my first post, id like to hear some suggestions first please.

Thank you so much

C

=====
=====

Re: Tryin'

Posted by cordnoy - 11 Aug 2015 16:10

Step 10 call today.

Big book and White book.

1:20 - 1:45

=====
=====

Re: Tryin'

Posted by cordnoy - 12 Aug 2015 00:21

As we discussed on the call today, we wanted to understand what Dov was sayin', and specifically regardin' three points of his:

1. The 12 steps do not make one sober.
2. The main reasons addicts masturbate is not because of their defects (and hence, the inverse, removin' one's defects will not make one sober).
3. The order for recovery is sobriety and then the steps, not the reverse.

I will first say in my words and then use Dov's.

1. The purpose of the steps is that one can **remain** sober.
2. Addicts masturbate because it became the only thin' that makes them feel alive; period!
3. [This is slightly tricky; it required clarification thru text messagin'.]The reverse may work, but it is not advisable, for the addict may think he has recovered when he has 'fixed' his middos, when, in truth, that is not the case.

In conclusion: The first step inventory, and the face 2 face relatin' to another live human bein' and admittin' powerlessness is necessary, for otherwise, an addict does not truly recognize the extent of his problem.

Now I will quote Dov:

[Dov wrote:](#)

Then they hear about 'the 12 steps' and are sold a bill of goods that the 12 steps are the way to finally get sober. But it's not. It's usually just the way to become able to stay sober. They are lied to and told that the **main** reason they masturbated themselves was because of their middos/defects, etc - their Irritability, Restlessness, and Discontent...and that if they work on their middos, they will finally be freed of their need to lust! Balderdash.

For, if they are addicts, then they naturally believe sex will save them, period. For the addict, *besides* lusting being a solution to life's problems, it is the one thing we trust the intuitively to give us the real feeling of being alive, vital and excited about being ourselves for a blessed minute. Us and our body parts are the star of the Great Show, and we just love it! So it's hard to give up...even if it were NOT a sin, at all. We need support and to touch, see, and meet other people like us who have actually given it up **and did not die**.

Real community is a thing that posting with a fake name to fake people who may be faking who they really are, cannot give a person. Meeting a man in person, actually shaking his hand and saying, "So, you and I both habitually masturbate to porn, use prostitutes, phone sex, or whatever, and here we are. How are you doing today?", is priceless and there is no substitute for it. Looking into the eyes of a fellow recovering masturbator - whether he is a Jew or a goy - and being able to talk plainly about your own faith in G-d's Will for you and His love for you and even just in the fact that you believe in G-d at all...is priceless. And NO SEFER can give you that. A person gets far more from the eyes of a fellow believer - even if he be a goy - than from any sefer.

[Dov wrote:](#)

In the same way, those who say "work on the 12 steps, clear away your character defects, work on RID, make life a better place - and then you will not end up needing your drug," are selling snake oil.

Just as the Gemora's eitzos do not work out of context, the character refinement work of the 12 steps WILL NOT WORK WITHOUT A COMPLETE STEP 1. Without a complete first step inventory, in which the addict writes out (by hand on paper, not typed on a meaningless computer) his or her entire sexual acting out history and admits it fully and honestly to safe people who see him in person - he will not come to a proper recognition of his problem.

The 1st step is missing. The context is absent. It will not really work.

The addict who is told that his real problem is his bad middos and RID, is being comforted with sweet shekker. At the price of never requiring the humility and acceptance ***that are the entire context of the next 11 steps***, he is being handed his 'self-respect' back *by the very people who are supposed to help him!*

[Dov wrote:](#)

[Addendum: On the other side of all this, is what many addicts have discovered. That [i]even in sober recovery[/i], we do not always need RID in order to end up acting out! There were times I went for lust and my sponsor asked me if anything was bothering me. I said no. We talked things over.

Nope, nothing was bothering me.

Hmm...what about RID?

So he asked me, "Then why'd do do it?" And I said "I don't know," ...till he helped me remember that I'm an addict. It's *normal* for a drunk - even a sober one who is not suffering with any pain at all - to drink sometimes. As AA writes, "When we seemed to be succeeding, we drank to dream still greater dreams." Pain is NOT the only reason an addict will end up acting out.

So not only are character defects and RID not the first thing a new addict should be introduced to as 'recovery' - but isn't the last thing, either. It fits nicely right in the middle of the program:

Step 1 is about our sick-ness just cuz we are sick; and coming to terms with the fact that we actually have no choice other than to be abstinent - which truly feels like a tragedy in the full sense of the word for any addict. But we need abstinence because we simply cannot manage living *with* our drug any more. Our lives are actually *unmanageable* as we are.

The next steps (2-11) are about the way to actually remain serene enough to keep the gift of Sobriety that G-d gives us right now as a result of our total surrender of the right to drink in step 1.

And the 12th step is, in part, about the fact that if we do not share this gift with others, we won't end up keeping it. After all, we had no right to our first sobriety, did we? It was a gift. So we can't

pretend we can hold onto it. It's not ours.

So it seems to me that teaching that "if you work on your middos and get rid of RID you will be able to stay sober", actually denies a role for G-d in the continuing life on an addict. The powerlessness persists. Working on our defects of character is just a tool to opening ourselves up for Hashem. As the Kotzker would say, "Where can G-d be found? Where people let Him in."]

=====
=====

Re: Tryin'

Posted by newaction - 12 Aug 2015 19:37

[quote="cordnoy" post=261516]

[Dov wrote:](#)

In the same way, those who say "work on the 12 steps, clear away your character defects, work on RID, make life a better place - and then you will not end up needing your drug," are selling snake oil.

Just as the Gemora's eitzos do not work out of context, the character refinement work of the 12 steps WILL NOT WORK WITHOUT A COMPLETE STEP 1. Without a complete first step inventory, in which the addict writes out (by hand on paper, not typed on a meaningless computer) his or her entire sexual acting out history and admits it fully and honestly to safe people who see him in person - he will not come to a proper recognition of his problem.

Two questions :

- 1) what first step inventory ? Isn't the inventory on the 4th step and admitting , the 5th ?
- 2) Selling snake oil ? In the doctors opinion it stated explicitly the cycle which is vicious to the

addict , First he feels RID , then he goes on a spree, then he feels remorseful and he regrets acting out , then he makes a resolution of "never again" to act out. Then he feels RID and acts out . In short : RID > Spree > Regret > Resolution ... RID > Spree ... over and over again. In order to brake the cycle he has to learn how to deal with RID .

That anybody saying this, is selling "snake oil" does not make sense .

=====
=====

Re: Tryin'
Posted by gibbor120 - 12 Aug 2015 20:00

The first step is admitting powerlessness. The first step inventory is writing down all acting out activity and then sharing it with a safe person. Just the facts. I think Dov just means that without admitting that we are beaten, the other steps do not have the proper context to work. The context of the steps is hitting bottom and admitting it.

=====
=====

Re: Tryin'
Posted by newaction - 12 Aug 2015 20:53

Gibbor120 , you are very sweet. I have no problem whatsoever with what you wrote. I think Dov is saying more. But in an after thought i think Dov is taking one aspect of the program which is " be humble and honest show your real face and use your real name and talk to real people", and basing the program on this foundation ; which i dont disagree at all that it is fundamental to recovery. And most of GYERs will do that as a last resort. And he wants to bring home that we should be "machmir" on this and "makel" in other areas and not the opposite. Just thinking out loud.(maybe i should stop analyzing people altogether).

But what he wrote about the snake oil deserves clarification.

=====
=====

Re: Tryin'
Posted by cordnoy - 12 Aug 2015 23:15

[newaction wrote:](#)

Gibbor120 , you are very sweet. I have no problem whatsoever with what you wrote. I think Dov is saying more. But in an after thought i think Dov is taking one aspect of the program which is " be humble and honest show your real face and use your real name and talk to real people", and basing the program on this foundation ; which i dont disagree at all that it is fundamental to recovery. And most of GYERs will do that as a last resort. And he wants to bring home that we should be "machmir" on this and "makel" in other areas and not the opposite. Just thinking out loud.(maybe i should stop analyzing people altogether).

But what he wrote about the snake oil deserves clarification.

Actually what gibbor wrote to explain Dov, Dov told me the same in text messaging....if you want the transcript send me an email please.

=====
=====

Re: Tryin'

Posted by cordnoy - 17 Aug 2015 16:46

Email me please for the Dial-in Number and Conference ID

Call will be from 1:20 - 1:45 iy"H.

Step 12!

Big book and white book

As many of us are not actively workin' the steps, we will read part of step 12 today, and move on to Step 1 tomorrow iy"H.

We will encourage Step 1 shares (personal history), but very brief.

Work it, for you're worth it!

No need to announce yourself or to speak or to say your name.

Any concerns or requests, let me know please.

Cordnoy/Avrohom

=====
=====

Re: Tryin'

Posted by cordnoy - 18 Aug 2015 13:14

Email me please for the Dial-in Number and Conference ID

Call will be from 1:20 - 1:45 EST iy"H.

Step 1!

White book and Big book

We will begin Step 1 today iy"H!

We will encourage Step 1 shares (personal history), but very brief, and NEVER any pressure *.

Work it, for you're worth it!

* (to say anythin'; "encourage," for it's been proven to be productive, but there will be no pressurin' at all)

No need to announce yourself or to speak or to say your name.

Any concerns or requests, let me know please.

Cordnoy/Avrohom

=====
=====

Re: Tryin'

Posted by cordnoy - 19 Aug 2015 16:28

Email me please if you still don't have number

Call will be from 1:20 - 1:45 EST iy"H.

Step 1!

White book and Big book

We will begin Step 1 today iy"H!

We will encourage Step 1 shares (personal history), but very brief, and NEVER any pressure *.

Work it, for you're worth it!

* (to say anythin'; "encourage," for it's been proven to be productive, but there will be no pressurin' at all)

No need to announce yourself or to speak or to say your name.

Any concerns or requests, let me know please.

Cordnoy/Avrohom

=====
=====

Re: Tryin'

Posted by cordnoy - 20 Aug 2015 16:06

Thanks to R' Guard, we now have a new number.

There are extra benefits for this.

The main one is that now there is a local number for 55 countries.

that means if you are in Australia, Romania, Ukraine, Slovenia, New York, Israel, Barbados, or any of a list of 55 countries, you can now access the call free of charge.

So, if you have 25 minutes today to help me manage my life, email me please for the new number.

Call will be from 1:20 - 1:45 EST iy"H.

Step 1!

White book and Big book

We will begin Step 1 today iy"H!

We will encourage Step 1 shares (personal history), but very brief, and NEVER any pressure *.

Work it, for you're worth it!

* (to say anythin'; "encourage," for it's been proven to be productive, but there will be no pressurin' at all)

No need to announce yourself or to speak or to say your name.

Any concerns or requests, let me know please.

Cordnoy/Avrohom

=====
=====

Re: Tryin'
Posted by stillgoing - 20 Aug 2015 17:56

Great call today.

Thank you.

=====
=====

Re: Tryin'
Posted by cordnoy - 20 Aug 2015 18:08

[stillgoing wrote:](#)

Great call today.

Thank you.

My pleasure; i feel bad that there were some who were havin' difficulty with the numbers.

Will try to fix that.

=====
=====

Re: Tryin'
Posted by stillgoing - 20 Aug 2015 18:15

cordnoy

i feel bad that there were some who were havin' difficulty with the numbers

I haven't had any difficulties with numbers since I quite school.

That's what calculators are for.

=====
=====

Re: Tryin'
Posted by cordnoy - 20 Aug 2015 18:30

[stillgoing wrote:](#)

cordnoy

i feel bad that there were some who were havin' difficulty with the numbers

I haven't had any difficulties with numbers since I quite school.

That's what calculators are for.

Perhaps you should have stayed for some spellin'.

=====
=====