

Advice Needed

Posted by mitzvaman613 - 15 Jan 2015 03:31

Hi all,

Been working on stopping acting out for a while, this year has been much better than last year, but still got a way to go. Averaging about one fall a week.

Two questions:

1) what is this 12 step program people talk about? Where can I find it and does it work?

2) is there any advantage to allowing oneself a fall after certain lengths of time? Going cold turkey isn't working for me.

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Re: Advice Needed

Posted by cordnoy - 15 Jan 2015 05:01

Welcome

check out the home page

what is the alternative?

if you don't allow yourself, it happens anyway, so what does it mean 'allow'?

b'hatzlachah

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Re: Advice Needed

Posted by Machshovo Tova - 16 Jan 2015 21:15

[mitzvaman613 wrote:](#)

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Two questions:

- 1) what is this 12 step program people talk about? Where can I find it and does it work?
- 2) is there any advantage to allowing oneself a fall after certain lengths of time? Going cold turkey isn't working for me.

Welcome!

1. You can find info on the 12 steps all over GYE (check out the handbook and the homepage). They say, "It works if you work it".

2. "Allowing oneself a fall after certain lengths of time" does not seem to work. You can't conquer lust with lust. The 12 steps do not recommend it. The Torah does not allow it. Logic does not agree with it. Practical experience has proven that it's not the way to go.

My humble blessings to you - may Hashem guide you in the correct path towards everlasting sobriety and recovery.

Shabbat Shalom

MT

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Re: Advice Needed

Posted by Shakeitoff - 16 Jan 2015 22:23

So far, I'm having success...not with !2 Steps so much, but with a routine of reading aloud every day in order one of the Principles and one of the Tools from the GYE website. Above all, from reading and posting on the Forums and getting into the Chatrooms...and especially, getting a Sponsor. That's 3 ways of contacting other people, and for me, that's BIG.

Gotta get back to cleaning the bathroom for Shabbat.

Kol tuv to everyone.

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