

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE. im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by Watson - 02 Jan 2017 23:26

I never ever said you should join SA.

I suggested that some people should consider 'adding something new to their recovery'. What that new thing is depends on the individual.

My post was a general post about progress, I did not write it with you in mind. Sorry to have upset you.

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Re: a new start

Posted by Watson - 02 Jan 2017 23:32

[mggsbms wrote on 02 Jan 2017 23:01:](#)

I know people that joined SA and are struggling, while making progress, and people not in SA who are struggling while making progress.

May I be so bold as to suggest you forget about what's happening with other people and focus entirely on what's best for you and what would make you happy.

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Re: a new start

Posted by mggsbms - 02 Jan 2017 23:35

[Watson wrote on 02 Jan 2017 23:32:](#)

[mggsbms wrote on 02 Jan 2017 23:01:](#)

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May I be so bold as to suggest you forget about what's happening with other people and focus entirely on what's best for you and what would make you happy.

I have never said that the simple true fact is the reason I'm not joining SA.

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Re: a new start

Posted by mggsbms - 02 Jan 2017 23:37

[Watson wrote on 01 Jan 2017 10:14:](#)

[mggsbms wrote on 01 Jan 2017 07:05:](#)

At this point in time it probably will be. Lakol zeman veis. Things have run their course.

Welcome back. As Cords would say hope is a 4 letter word. What actions are you planning to take to ensure that your hopes become reality? If you keep doing what you've been doing, you'll keep getting what you've been getting.

It was this post that I was referring to.

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Re: a new start

Posted by Watson - 02 Jan 2017 23:52

OK. Can I ask what upsets you about that post?

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Re: a new start

Posted by mggsbms - 03 Jan 2017 00:00

[Watson wrote on 02 Jan 2017 23:52:](#)

OK. Can I ask what upsets you about that post?

Imagine for a moment someone in SA posting what I posted and then gets that comment "if you continue doing what your doing you'll get the same results" that's how I feel, It presumes that I've been just doin the same old stale sad thing of posting on anonymous forum from a couch in my mother's basement...when I clearly stated otherwise.

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Re: a new start

Posted by Watson - 03 Jan 2017 00:05

TBH a lot of SA is exactly that. Other members asking what I've been doing for my sobriety lately. I find it helps push me forward. Others may not.

I must have missed your post about the new things you've been doing.

I'm sorry I upset you.

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Re: a new start

Posted by Watson - 03 Jan 2017 00:18

[mggsbms wrote on 02 Jan 2017 23:01:](#)

I haven't been on the forum for three months, there was no big concern as to where I am,

BTW I am always concerned when members leave

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Re: a new start

Posted by Workingguy - 03 Jan 2017 00:19

[mggsbms wrote on 02 Jan 2017 23:01:](#)

I find this whole discussion somewhat intriguing, I haven't been on the forum for three months, there was no big concern as to where I am, I even mentioned in one of the above posts that I've been thrown some curve balls, I don't recall anyone reaching out to me with overly concern etc. All that is fine and I don't have any bad feelings towards anybody ch"v for that, its human nature, I just don't get why when somebody posts something about recovery, and I clearly stated what my motive was, all hell breaks loose.

That being said, it is presumptuous to say that "join SA and all will be fine", oh and the reason he is not is because he's afraid to do what needs to be done for recovery. Without going in to details I've spent many hours daily working on recovery and have have been in contact with real people face to face and over emails and phone conferences, we have been doing step work and more. I am not a believer in the fact that joining SA is the quick fix, there is a lot of hard work involved, changing thought patterns, and training one self to reach out to Hashem and other people, a lot of entrenched feelings and resentments have to be changed or uprooted, so it makes no sense to say just join SA and all will be fine. The proof is in the pudding, I know people that joined SA and are struggling, while making progress, and people not in SA who are struggling while making progress.

I'm with MG. The whole tone of the conversation sounded a little preachy to me, it sounded like some high level of confidence that the 12 steps is the answer parentheses and I have to hold myself back so much from showing how that isn't the case for so many people and such a HUGE percentage of people), and i even find some of the conversation pushing an agenda. No, we never know if we're sober, and we don't know if we'll be I shul tomorrow so we shouldn't work on davening long term because we only have today, and shouldn't have it as a goal??

Long term goals are great, and one day at a time as the process is also great.

I think we gotta ease up on the 12 steps. As Markz rat park video shows, MANY addicts either spontaneously recover, recover on their own through some other way, (CBT, MI, and all sorts of other stuff) so let the guy work it the way he wants to.

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Re: a new start

Posted by Shlomo24 - 03 Jan 2017 00:47

I clearly have a different brain than ya'll because I didn't find Watson preachy at all. I don't know where you guys are getting this notion about him suggesting the 12-steps! No where in his posts did it say that.

As of my experience, I found the 12-steps worked and nothing else did. So I sure as hell will talk about what works for me. I'm not going to talk about other methods of getting help that I don't know about. And I've never heard of an addict that "spontaneously recovered."

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Re: a new start

Posted by Workingguy - 03 Jan 2017 01:23

[Shlomo24 wrote on 03 Jan 2017 00:47:](#)

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Spontaneously recovered doesn't mean that they all just miraculously stopped; for some it was cold turkey and for some it was arduous work on their own.

But that is exactly the point the rat park video and research by the NIH shows. And of course, we can just say "We'll, if you recovered that way you're not an addict" which is called circular reasoning.

I don't want to bore you with all the peer reviewed studies, but I'd venture there's a lot about addiction you haven't read or heard of. But I respect you sharing your own experiences.

And I wasn't calling Watson specifically preachy; I said that the conversation sounded preachy in context. I actually love Watson's posts and think his welcome email is great (I mean, some of my best friends are named Watson...)

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Re: a new start

Posted by cordnoy - 03 Jan 2017 02:51

Wow!

tough stuff all around.

Recovery should be with hatzlachah.

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Re: a new start

Posted by Shlomo24 - 03 Jan 2017 03:50

[Workingguy wrote on 03 Jan 2017 01:23:](#)

1) Spontaneously recovered doesn't mean that they all just miraculously stopped; for some it was cold turkey and for some it was arduous work on their own.

2) But that is exactly the point the rat park video and research by the NIH shows. And of course, we can just say "We'll, if you recovered that way you're not an addict" which is called circular reasoning.

3) I don't want to bore you with all the peer reviewed studies, but I'd venture there's a lot about addiction you haven't read or heard of. But I respect you sharing your own experiences.

4) And I wasn't calling Watson specifically preachy; I said that the conversation sounded preachy in context. I actually love Watson's posts and think his welcome email is great (I mean, some of my best friends are named Watson...)

I numbered each of your paragraphs and I'm going to address it as such.

1) Thanks for the clarification. You are apparently a living example of this.

2) I don't know where this is coming from. Such a sentiment was not expressed by anyone here. I have never said that someone isn't an addict because they recovered without 12-step. That would just be flat-out ridiculous. There are many methods to recovery.

3) You are exactly right. There is a lot that I don't know about addiction. Which is why I speak

from personal experience only and not about addiction as a whole. I have never claimed to be an expert on addiction.

4) Ok. That's your opinion. I like Watson too.

Now I would like to say something that might get me some hate, but I'm not here to win popularity contests. (This is part of the reason I changed my avatar). WG: You are probably a nice guy (I don't actually know you) and this isn't meant as a rip on your character. But, I suspect that if you didn't have a rough experience with 12-step then you wouldn't be saying these things. What you have written is very emotionally charged and you took things out of context. There's a large negative sentiment in your posts about 12-steps. There's a difference between putting down 12-step and mentioning that there are other options. And you know what? The most effective form of treatment for addiction is 12-step. That is coming from a psychologist and from the general mental health field. I did not make that up. The 12-step program has brought light to many people's lives and it has saved many. Is there a high confidence in 12-step? Absolutely. Because it "works if you work it." I have been in the rooms for around 2 and a half years and I have yet to find someone who works the program like his life depended on it and isn't recovering. I haven't found one person. It doesn't mean that the program is *right* for everyone. Some people can't deal with it, and that's ok. And for those people there are many options. I'm a firm believer in 12-step but I also realize that there are other methods of recovery.

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Re: a new start

Posted by cordnoy - 03 Jan 2017 04:07

According to some, the 12 steps in AA rank 38 out of 48 in effective method of recovery.

According to some, one out of every 15 people who enter meetings, is able to become and leave sober.

I like the 12 steps.

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Re: a new start

Posted by Shlomo24 - 03 Jan 2017 04:12

Erm... I'm talking about the people who stay in the rooms. What's the stats on them? Where are these from? I have heard differently.

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