

The Workout Room!

Posted by stillgoing - 03 Jan 2017 21:29

Greetings and welcome to the Workout Room.

Each person on this site came here for his (her) own reasons. For many of us, that reason is, trying to break free from our obsessive attachment to lust. But even here, there are many reasons that we like to lust, and each person can have different things that will work (to varying degrees) to help us get back to our clean lives. As many here know, this problem is not only a religious problem, and people all across the globe have been working on the very issues that we are. The 12 step program has worked for many (although not all) helping them to reclaim their lives and stop that lusting once and for all. The 12 steps actually has very little to do with lusting at all, and is much more focused on letting go of our need to control situations, seeing the other side, and getting in touch with the Higher Power (sounds fluffy, no? but many people jew and non-jew alike have gained tremendously from it.). *(Disclaimer: the above words are mine alone, I'm not a professional on the 12 steps and others with more experience may describe it differently.)*

That said, the 12 steps are normally done in a group setting. Those who have went to a meeting (and you can chime in now, if you have ;-)) have said that a lot is to be gained by meeting face to face. Here on gye, we're in a virtual world. Most of us don't know each other personally, but perhaps we can still gain by going through some of those steps here on the forum.

The basic book used for the 12 steps is the Big Book (created by alcoholics anonymous), or the White Book (which is basically the Big Book adapted for lustaholics). There is a smaller book called "*12 steps - 4 hours*" available online as a pdf). I would like to go through some of that book here on forum. Perhaps I will be alone, or perhaps others will join me for the ride. My objective is to motivate myself to work the steps. If this is boring to you, may I suggest "*The depressed persons chill spot*" in the just having fun section, or even better, the "*Daily Quote*" thread.

Still here? Great! Let's go

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Re: The Workout Room!

Posted by stillgoing - 05 Jan 2017 15:49

"4 hours - 12 steps"

Step 1 Instruction

We learned that we had to fully concede (*admit*) to our innermost selves that we were alcoholics (*addicts*). (*Do you admit it - yes-no?*) This is the first step in recovery. The delusion (*lie*) that we are like other people (*types 1 or 2*), or presently may be, has to be smashed. (*Are you convinced that you are a real alcoholic/addict - yes-no?*) (AA p. 30).
If you answered yes, then you have taken step one!

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Re: The Workout Room!

Posted by stillgoing - 05 Jan 2017 15:53

[cordnoy wrote on 04 Jan 2017 00:22:](#)

I happen to believe that the 12 steps are good for all....even non addicts, but as their lives are not as desperate, some of the program might not be as effective.

Cordnoy, based on what was written in the last post, how would non-addicts go about doing step one?

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Re: The Workout Room!

Posted by Shlomo24 - 05 Jan 2017 16:54

I started writing and then I realized that Cordnoy was the one who was asked.

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Re: The Workout Room!

Posted by stillgoing - 05 Jan 2017 17:02

[Shlomo24 wrote on 05 Jan 2017 16:54:](#)

I started writing and then I realized that Cordnoy was the one who was asked.

It's a free world. Hopefully he'll answer too (he's actually off-line now, a rare occurrence!), but lets hear your take on it.

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Re: The Workout Room!

Posted by Shlomo24 - 05 Jan 2017 17:54

I've heard people say "powerless over sin" but I don't know if that resonates. The real crux of the program is step 4 and onwards though. That anyone can do. But there needs to be a solid step 2 and 3 for that. I think 2 and 3 can be done without 1 for "normal" people.

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Re: The Workout Room!

Posted by Gevura Shebyesod - 05 Jan 2017 18:04

Perhaps one can consider themselves unmanageable/powerless over their resentments, fears, and ego, and work from there.

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Re: The Workout Room!

Posted by Watson - 05 Jan 2017 18:35

[stillgoing wrote on 05 Jan 2017 15:53:](#)

[cordnoy wrote on 04 Jan 2017 00:22:](#)

I happen to believe that the 12 steps are good for all....even non addicts, but as their lives are not as desperate, some of the program might not be as effective.

Cordnoy, based on what was written in the last post, how would non-addicts go about doing step one?

They wouldn't.

Why force a square peg into a round hole?

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Re: The Workout Room!

Posted by Watson - 05 Jan 2017 18:44

[Shlomo24 wrote on 05 Jan 2017 17:54:](#)

I've heard people say "powerless over sin" but I don't know if that resonates. The real crux of the program is step 4 and onwards though. That anyone can do. But there needs to be a solid step 2 and 3 for that. I think 2 and 3 can be done without 1 for "normal" people.

I agree. Anyone can do 3-11 and benefit from it. These's nothing new there, it's very similar to what you'll find in mussar seforim already.

1 and 2 can't be done by non-addicts. They're not powerless and not insane (btw insane means anything less than 100% sane, it doesn't mean completely whacko).

But will they really do 4-11 properly if they don't have to? Will they be thorough? Will they admit their defects to another person? Why would they if they don't need to? Why not skip over the uncomfortable ones?

It's like the difference between studying something that you feel like learning more about, compared to studying for an important exam. I think a person is unlikely to do 3-11 completely unless they fully get step 1.

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Re: The Workout Room!

Posted by Gevura Shebyesod - 05 Jan 2017 18:57

And if they can't do it completely and thoroughly, can they not still benefit from doing those steps on whatever level they are able to?

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Re: The Workout Room!

Posted by Watson - 05 Jan 2017 19:04

[Gevura Shebyesod wrote on 05 Jan 2017 18:57:](#)

And if they can't do it completely and thoroughly, can they not still benefit from doing those steps on whatever level they are able to?

Sure can.

"I agree. Anyone can do 3-11 and benefit from it."

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Re: The Workout Room!

Posted by stillgoing - 05 Jan 2017 19:24

[cordnoy wrote on 04 Jan 2017 00:22:](#)

I happen to believe that the 12 steps are good for all....even non addicts, but as their lives are not as desperate, some of the program might not be as effective.

So, it seems to me to summarize exactly as cordnoy wrote.

Anyone can do it, anyone can gain, but without step one, it's gonna be hard to hold on to it.

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Re: The Workout Room!

Posted by Shlomo24 - 05 Jan 2017 23:47

[Watson wrote on 05 Jan 2017 18:35:](#)

[stillgoing wrote on 05 Jan 2017 15:53:](#)

[cordnoy wrote on 04 Jan 2017 00:22:](#)

I happen to believe that the 12 steps are good for all....even non addicts, but as their lives are not as desperate, some of the program might not be as effective.

Cordnoy, based on what was written in the last post, how would non-addicts go about doing step one?

They wouldn't.

Why force a square peg into a round hole?

There are many 12-step program that aren't about addiction. Non-addicts can and will work the 12 steps of they want to and are committed to it.

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Re: The Workout Room!
Posted by Watson - 06 Jan 2017 00:04

[Shlomo24 wrote on 05 Jan 2017 23:47:](#)

[Watson wrote on 05 Jan 2017 18:35:](#)

[stillgoing wrote on 05 Jan 2017 15:53:](#)

[cordnoy wrote on 04 Jan 2017 00:22:](#)

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There are many 12-step program that aren't about addiction.

Such as?

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Re: The Workout Room!

Posted by Shlomo24 - 06 Jan 2017 00:29

CODA

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