

The Workout Room!

Posted by stillgoing - 03 Jan 2017 21:29

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### **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 Shteeble - 11 Jan 2017 23:37

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This post is just so I am notified of new replies on this thread. Thanks.

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Re: The Workout Room!  
Posted by cordnoy - 12 Jan 2017 03:00

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[Shteeble wrote on 11 Jan 2017 23:37:](#)

This post is just so I am notified of new replies on this thread. Thanks.

Ok

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Re: The Workout Room!  
Posted by jewishfiltergeek - 12 Jan 2017 04:19

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Wouldn't hitting the subscribe button do the same thing?

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Re: The Workout Room!  
Posted by Shteeble - 12 Jan 2017 09:33

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[jewishfiltergeek wrote on 12 Jan 2017 04:19:](#)

Wouldn't hitting the subscribe button do the same thing?

no.

subscribe button sends you emails with every new post.

i don't want that.

i just want to see it when i click "my replies"

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Re: The Workout Room!

Posted by Hashem Help Me - 12 Jan 2017 12:29

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Can someone please tell me what this KARMA thing next to everyone's name is all about?

Thanks

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Re: The Workout Room!

Posted by jewishfiltergeek - 12 Jan 2017 13:40

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[Shteeble wrote on 12 Jan 2017 09:33:](#)

[jewishfiltergeek wrote on 12 Jan 2017 04:19:](#)

Wouldn't hitting the subscribe button do the same thing?

no.

subscribe button sends you emails with every new post.

i don't want that.

i just want to see it when i click "my replies"

Thanks! I think someone needs to set up a thread about how to use the forum. When to use the quote, reply, or reply topic, spoilers, etc...

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Re: The Workout Room!  
Posted by Shteeble - 12 Jan 2017 14:10

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see a lot of people struggling with these issues.  
~~GYE 174 FOR DUMMIES~~

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Re: The Workout Room!  
Posted by Shlomo24 - 12 Jan 2017 14:34

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Karma is like kavod. If you're actively pursuing it, you're probably not getting it. People raise each other's karma when they particularly like a post or something.

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Re: The Workout Room!  
Posted by stillgoing - 18 Jan 2017 02:47

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## Step 2 Instruction

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" (yes-no?) As soon as a person can say that they do believe, or is willing to believe, we emphatically assure them that they are on their way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built. (AA p. 47)

If you answered yes, congratulations you have taken step two and we emphatically assure you are now on your way!

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Re: The Workout Room!  
Posted by mirror - 18 Jan 2017 02:51

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That should be a simple matter for frum yidden.

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Re: The Workout Room!  
Posted by stillgoing - 18 Jan 2017 02:56

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[mirror wrote on 18 Jan 2017 02:51:](#)

That should be a simple matter for frum yidden.

Everything requires work, and this has to be answered honestly.

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Re: The Workout Room!  
Posted by Hashem Help Me - 18 Jan 2017 04:24

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It's a simple matter for frum yidden as lip service only. To really believe takes years of hard industrious work. For example if one really believes it would be impossible to speak loshon hora or be dishonest on a tax return etc etc. and the list is very long. It is an admirable benefit of 12 steps (for some people) that one becomes more cognizant of the Ribono Shel Olam and develops a close relationship with Him.

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Re: The Workout Room!

Posted by eslaasos - 18 Jan 2017 15:41

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I can and have answered yes many times, and I have no freaking idea if I was being honest. That's just one more little side-effect of years of begin wrapped up in yourself.

Thanks to Cordnoy, I stopped worrying about it because worrying about it gets me nowhere. Dov would likely say that worrying about it is just another self-obsession driven by arrogance (and if he wouldn't say it, I'll say it instead).

The only note I would add is that addicts (even the fake ones) are often very black and white. I would like to believe that this not as simple. Even belief is a matter of degree. I could be wrong, but as I said I am not going to invest a lot of time wondering about it. The book does seem to imply it's as simple as yes or no - nu nu, kasha, not tyuvta. Maybe a basic willingness to accept it might be true is all they're looking for, to weed out the atheists (v'chol hakorei bishmom). Jews are b'teva maaminim, deep underneath all the accumulated junk.

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Re: The Workout Room!

Posted by Singularity - 19 Jan 2017 10:24

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[cordnoy wrote on 12 Jan 2017 03:00:](#)

[Shteeble wrote on 11 Jan 2017 23:37:](#)

This post is just so I am notified of new replies on this thread. Thanks.

Ok

whoa that escalated quickly

Thanks shteeble I didn't know of the power of the "My Replies" tab

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