

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 MayanHamisgaber - 20 Jan 2017 12:51

Amen

B'hatzlacha

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Re: The Workout Room!

Posted by stillgoing - 22 Jan 2017 15:34

Step 3. Made a decision to turn our will and our lives over to the care of G-d.

We claim spiritual progress rather than spiritual perfection. Our description of the alcoholic (addict)... our personal adventure before and after make clear three pertinent ideas:

- a. That we were alcoholics (addicts) and could not manage our own lives. (Is this you - yes-no?)

- b. That probably no human power could have relieved our alcoholism (addiction). (Are you beyond human aid - yes-no?)

- c. That God could and would if He were sought. (Are you willing to believe - yes-no?)

Being convinced (of a, b and c), we were at Step Three, which is that we decided to turn our will and our life over to G-d. Just what do we mean by that, and just what do we do?

The first requirement is that we be convinced that any life run on self-will can hardly be a success. (Are you convinced - yes-no?)

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Re: The Workout Room!

Posted by stillgoing - 22 Jan 2017 15:43

[stillgoing wrote on 22 Jan 2017 15:34:](#)

a. That we were alcoholics (addicts) and could not manage our own lives. (Is this you - yes-no?)

I wouldn't stress over whether we could or couldn't manage our own lives. To me, if one tried many times to stop, and tried some 'tricks' that gye suggests, and still haven't stopped, then we can answer yes to the above question. Maybe some 12steppers can chime in with their informed opinion (as opposed to my uninformed opinion :-))

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Re: The Workout Room!

Posted by cordnoy - 22 Jan 2017 16:59

1. Yes
2. Yes
3. Yes
4. Yes

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Re: The Workout Room!

Posted by thanks613 - 22 Jan 2017 21:49

[stillgoing wrote on 22 Jan 2017 15:34:](#)

Step 3. Made a decision to turn our will and our lives over to the care of G-d.

b. That probably no human power could have relieved our alcoholism (addiction). (Are you beyond human aid - yes-no?)

c. That God could and would if He were sought. (Are you willing to believe - yes-no?)

I was recently talking with someone about how G-d intervenes when we "surrender our lust to Him". In my experience, He doesn't simply make the lust evaporate, as in a sudden spiritual '*Eureka!*'. It was suggested that G-d intervened through the people that he makes available to help us, and maybe in some other ways too. This idea makes sense to me at least. From a religious standpoint, Hashem is very much involved in our lives, if we let Him in. But He acts in hidden ways. So is it beyond my power? Beyond the power of human help? If I believe that my own efforts and the help of a therapist, Rabbi, friend, or whatever are purely human

achievements, then who knows.. But I choose to recognize instead that Hashem gives success to my efforts, and that He guides the people and circumstances around me to provide support when I look to Him.

So is help "beyond human power"?

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Re: The Workout Room!

Posted by stillgoing - 24 Jan 2017 16:07

[thanks613 wrote on 22 Jan 2017 21:49:](#)

[stillgoing wrote on 22 Jan 2017 15:34:](#)

Step 3. Made a decision to turn our will and our lives over to the care of G-d.

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'Eureka!'. It was suggested that G-d intervened through the people that he makes available to help us, and maybe in some other ways too. This idea makes sense to me at least. From a religious standpoint, Hashem is very much involved in our lives, if we let Him in. But He acts in hidden ways. So is it beyond my power? Beyond the power of human help? If I believe that my own efforts and the help of a therapist, Rabbi, friend, or whatever are purely human achievements, then who knows.. But I choose to recognize instead that Hashem gives success to my efforts, and that He guides the people and circumstances around me to provide support when I look to Him.

So is help "beyond human power"?

As a frum Jew, I agree that all human efforts are really from Hashem. However, when I turned to myself, "Rabbi, friend, or whatever" for help stopping, I got nowhere. The times that I actually managed to turn directly to Hashem and recognize that there is no one & nothing else in the world including the big strong uncle Will Power that can stop me, and that Hashem alone Can help me, then despite fairy tales being false there Was a poof. I actually felt the urge to act out drain away immediately. Of choice I could have ignored the help and continued to act out, but I no longer (for that moment) had the strong desire to. Without the urge/desire being present, my logic actually had a running chance of being heard. 99 out of 100 times in that circumstance my logic won, and this is with someone who without G-d directly will choose p###n 999 times out of 1000.

Do I believe in magic? No

Do I believe in G-d? Yes

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Re: The Workout Room!

Posted by cordnoy - 24 Jan 2017 17:49

Beyond.....Yes

Could.....yes

Would.....I don't know

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Re: The Workout Room!

Posted by thanks613 - 25 Jan 2017 05:43

[cordnoy wrote on 24 Jan 2017 17:49:](#)

Beyond.....Yes

Could.....yes

Would.....I don't know

I'm not sure what you mean? You don't believe that G-d would?

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Re: The Workout Room!

Posted by cordnoy - 25 Jan 2017 18:41

[thanks613 wrote on 25 Jan 2017 05:43:](#)

[cordnoy wrote on 24 Jan 2017 17:49:](#)

Beyond.....Yes

Could.....yes

Would.....I don't know

I'm not sure what you mean? You don't believe that G-d would?

You know what God will/would do?

I don't.

Will He restore you to sanity?

What are the parameters?

So, in response to your question, I will repeat: I don't know.

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Re: The Workout Room!

Posted by MayanHamisgaber - 25 Jan 2017 19:02

though i'm not an addict still i rely on Hashem for many things.

do i know how he will help me with family tensions (which by the way are about to blow sky high like think dropping an atom bomb on the house!!!!)

NO

do i know how he will give me parnassah

NO

the list can go on and on but ii can still say that he WILL help me and i may never see or understand how

so what, i still know that he is my loving father who only wants and does what is best for me.

am i missing something or not understanding the question let me know thanks

B'hatzlacha

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Re: The Workout Room!

Posted by cordnoy - 25 Jan 2017 21:53

And maybe what is best for you is not to have parnasah, or not to be sober, or not to be healthy, or to be missin' somethin'.

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Re: The Workout Room!

Posted by MayanHamisgaber - 25 Jan 2017 22:00

maybe so but one must try what one feels is right but know that Hashem knows best and acts on this

B'hatzlacha

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Re: The Workout Room!

Posted by cordnoy - 25 Jan 2017 22:05

[MayanHamisgaber wrote on 25 Jan 2017 22:00:](#)

maybe so but one must try what one feels is right but know that Hashem knows best and acts on this

B'hatzlacha

Let us try to focus please on the issue at hand: we are discussin' if God 'would' make us sober or not. Are you addressin' that?

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Re: The Workout Room!

Posted by MayanHamisgaber - 25 Jan 2017 22:14

yes i am let me try to be clear

if sober means not doing things that are assur then YES Hashem will make us sober we just have to do the right amount of hishtadlus what that amount is will be different for everone.

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