

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 Shlomo24 - 26 Jan 2017 01:43

I just want to clear something up. The Big Book does not say "beyond human aid," it says "that **PROBABLY** no human..." That was key for me. Because maybe I'm not beyond human aid? But I probably am.

Here is my actual stepwork on the matter: "The key word for me here is probably. I'm a very literal person by nature. I cannot say that it's unfathomable that a human could have relieved my disease. However, I can say probably. I went to therapy for many years but it didn't get rid of my disease. I tried all sorts of things by myself which didn't work. I spoke to Rabbis and that didn't work either. What did work was joining a spiritual program and inviting God into my life. All those things point evidence that human power has failed when it comes to relieving my disease. Therefore, I am confident that probably no human power could have relieved my lust addiction."

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Re: The Workout Room!

Posted by cordnoy - 26 Jan 2017 02:48

[Shlomo24 wrote on 26 Jan 2017 01:43:](#)

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disease. Therefore, I am confident that probably no human power could have relieved my lust addiction."

Valid point, but not relevant to the past immediate discussion.

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Re: The Workout Room!

Posted by Shlomo24 - 26 Jan 2017 06:18

Yeah.

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Re: The Workout Room!

Posted by stillgoing - 26 Jan 2017 18:46

Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the addict is an extreme example of self-will run riot, though they usually do not think so. Above everything, we addicts must be rid of this selfishness. We must, or it kills us! G-d makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them, even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have G-d's help.

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Re: The Workout Room!

Posted by Hashem Help Me - 27 Jan 2017 03:59

Wishing everyone a good Shabbos and a guten chodesh. The sforim tell us that rosh chodesh shvat is very mesugal for hischadshus - starting anew. It is the day Moshe Rabeinu began to explain the Torah. It is rosh hashana for trees according to Shammai - because the sap begins reviving the trees on that day. Yidden were given the special koach of hischadshus - just look at our incredible history of rebirth after every destruction. We in GYE understand what it means to begin life anew. Let's utilize this special zman to continue in our recoveries with renewed energy and dedication.

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Re: The Workout Room!

Posted by stillgoing - 01 Feb 2017 16:34

This is the how and the why of it. First of all, we had to quit playing G-d. It didn't work. (Would you agree - yes-no?) Next, we decided that hereafter in this drama of life, G-d was going to be our Director (yes-no?). He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

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Re: The Workout Room!

Posted by mirror - 05 Feb 2017 14:22

[stillgoing wrote on 01 Feb 2017 16:34:](#)

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In what way were we "playing G-d. " and how would we stop? What does it even mean? I do not tell other people how to run their lives.

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Re: The Workout Room!

Posted by eslaasos - 05 Feb 2017 17:37

Do you tell yourself how your life should be run? How is that working out?

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Re: The Workout Room!

Posted by mirror - 26 Feb 2017 22:24

Yes, I see what you mean. I do think that I know how things should work out. I get disappointed and frustrated. You are right. I have these feelings, because I assume that my original opinion of how things should work out was superior to Hashem's. If I would have "quit playing G-d", I would accept that this is what is actually best and the actual G-d is running the world the way He knows is really best.

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Re: The Workout Room!

Posted by cordnoy - 26 Feb 2017 22:29

[mirror wrote on 26 Feb 2017 22:24:](#)

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Hell of a post!

We like to think we can be the actor, producer, director, curtain closer, (moderator), designer and all.

When it screws up, we like to blame God.

Oh, how screwed up we really are.

Thanks for this realization.

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Re: The Workout Room!

Posted by stillgoing - 16 Dec 2018 20:05

[cordnoy wrote on 26 Feb 2017 22:29:](#)

[mirror wrote on 26 Feb 2017 22:24:](#)

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Re: The Workout Room!

Posted by Trouble - 26 Mar 2019 03:07

[Shlomo24 wrote on 26 Jan 2017 01:43:](#)

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Lately, the human race has taken a downturn, from the way i see it. That "probably" is almost a certainty. God - I don't know too much about; as long as He's an unknown, it's worth a shot!

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