

join SA!

Posted by mikestruggling - 29 May 2017 22:41

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I joined SA two weeks ago i think it was a great idea. My therapist recommended it they have a lot to offer. i'm bli'n gonna try to share what i learn. (will try to post around once a day no promises)

Feel free to share your experiences.

DISCLAIMER: This is for sexaholics who have no control over their addiction. If you feel like you have no control your only chance is the 12 steps. You can do it by phone though I think meetings are optimal.

Do you have any fears of joining post them and i'll try to answer.

The first and main thing is that we are looking for serenity peace with ourselves. When we achieve that we can start recovering. My therapist said that anxiety comes from feelings of guilt if you feel guilty or isolated then SA is for you. Guilt and isolation are what i think the biggest deterrent to serenity.

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Re: join SA!

Posted by MayanHamisgaber - 03 Sep 2017 19:04

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See my thread for an update

But in short I have been trying to figure myself out....

Will update there soon

B'Hatzlacha

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Re: join SA!

Posted by mikestruggling - 12 Sep 2017 17:01

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hi guys

long time no post i had a learning day today (as opposed to a bad day)

i was going through my choives BH i have the means to payback i just have to get around to it and YT is around the corner...

then this morning i got a parking ticket 100 nis nisht geferlich just add it to the list, right?

i am expecting to recieve money from bituach leumi and lo and behold in my mailbox there is a letter from bituach leumi wow Hashem loves me

i opened it it read that i owe them money

i'm grateful that i got a car for now and i'm grateful that live in israel

and it was gr8 for practice on my third step i am nothing but an actor in a grand play (its so easy to type it if only living it would be so easy...)

i'm grateful for a fellowship were i can share in and out of meetings and i'm grateful for GYE where i can post like this it really helps

Please Hashem take away my lust for today (now i just have to let go of lust simple right?)

hatzlacha rabba

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Re: join SA!

Posted by mikestruggling - 14 Sep 2017 16:04

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hi guys

i just saw something fascinating its seems the gemara knew of the A programs (GA SA AA)

Gittin 35b the two bottom tosafos and the top of 36a bring three different nedarim people made one was "sheloi lesachek bakuvia" not to gamble (GA) another not to marry assur women (SA?) third one Rav Yosef (!) made a neder publicly (!) not to drink beer (AA)

ayin sham

hatzlacha

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Re: join SA!

Posted by mikestruggling - 24 Sep 2017 11:37

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hi guys

i'm now on my longest streak in a long time. i'm powerless as ever had i not made two phone calls today (so far) i would've acted out which is ridiculous because i don't want to act out. which is what makes this whole thing so confusing (baffling).

on rosh hashana i had in mind that i should use program to develop a closer connection to Hashem and stay away from aveiros.

i also had the whole oilam in mind

gmar chasima toiva

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Re: join SA!

Posted by Hashem Help Me - 24 Sep 2017 16:43

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Thanks for having us all in mind in your tfilos. Never discount the awesome power of the davening of another yid. Especially a yid like yourself who understands our challenges, pain, and yearning to come clean.

Your subconscious mind is going to continue to push for acting out for some time. Your mind and body were trained to do so. lyh as time progresses, the brain gets rewired and it gets easier. Meanwhile we feel like we are in chains (which really don't exist) Keep staying in touch with those that are helpful to you. Continued hatzlocha.

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Re: join SA!

Posted by stillgoing - 24 Sep 2017 18:44

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[mikestruggling wrote on 12 Jun 2017 20:09:](#)

[Trouble wrote on 12 Jun 2017 12:51:](#)

One day at a time has nothing to do with a 24 hour day. ....

Wishing you well.

.... maybe explain what you mean by "ODAAT has nothing to do with a 24 hour day"

stay out of trouble

have an awesome day

Hi Mike. I actually read through all 8 pages to see if anyone got around to addressing this question. Maybe I spaced out in the middle and missed it. Then I saw this post

[mikestruggling wrote on 12 Jul 2017 02:38:](#)

Hi everyone i'm going through a rough rough time i acted out twice last night and didn't sleep a wink it'll killl my 1st seder tomorrow i feel like there is no hope i need to pull out of this binge any tips?

I've spent a lot of time trying to figure out exactly what ODAAT means. There are a lot of posts from Dov and others about it, and my thoughts are still evolving. Right now, to me, one day at a time means that when we "didn't sleep a wink" and we think that "it'll killl ...1st seder tomorrow" and "feel like there is no hope" odaat tells us that it's not our job to think about what will or won't kill first seder or if there is or isn't any hope. Hashem has a very big scoreboard and He doesn't need our help in planning the future. All we need to do, is what He asks of us. The right here and now. What will be later (and agav, what was before) is not our business.

I'm no velt novi but to the best of my knowledge (which may be lacking) I never saw any gemarah or pasuk that says we should worry about what will happen later.

Is odaat easy? I don't think so. Perhaps another way to call it is Emuna b"Hashem. Not easy to master, but very important to begin.

Disclaimer: These are my own thoughts. You might agree or not, I happen to think that you are doing a great job. KOMTNMW.

sg

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Re: join SA!

Posted by mikestruggling - 27 Sep 2017 06:15

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thanx sg i liked the post i find what you wrote to be true from experience. (not necessarily that ODAAT means that but it gives me serenity)

just putting out there that although i kept my sobriety count. i took actions of lust last night and this morning i believe that for GYE's policy i lost it. i listened to erotic phone sex and looked at porn pictures. Baruch Hashem i was saved from masturbation (which is on open Neis). i am powerless over lust and i have to discuss this with my sponsor to prevent it from recurring. i am committed today to not taking the train or bus to yeshiva i am not spiritually healthy enough to do that today.

hatzluche rabbe

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Re: join SA!

Posted by Hashem Help Me - 27 Sep 2017 11:13

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Ouch! Sorry to hear things are rough. Your honesty is courageous and will help b'ezras Hashem in your recovery. It is incredible that you stayed away from masturbation. It shows that "it can be done". Whether you surrendered the lust to Hashem or you fought it, you didn't masturbate. So whichever mehalech worked for you - keep it up. You also work hard, you call people, you go to meetings, you are doing the steps. Obviously apply whatever is working to also keep yourself clean on the phone etc. You have BH come a very long way, and will iyh only continue heading in the right direction. Hatzlocha.

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Re: join SA!

Posted by mikestruggling - 01 Oct 2017 13:05

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30 DAYS!!!!!!!!!!!!!!!!!!!!!!

I thought I wouldn't do it. I was wrong I did it.

I thought I couldn't do it. I was right I can't. Hashem can.

My life has improved I am more comfortable with myself in social scenes, I am available to help people I am happy I enjoy life.

There still is a long road to recovery and I'll be safe from acting out only when I am 6 feet under until then I'll just have to rely on Hashem and you guys and my home group.

Thank you everyone.

Hatzluche Rabbe

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Re: join SA!

Posted by Hashem Help Me - 01 Oct 2017 16:24

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Mazel tov!

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Re: join SA!

Posted by mikestruggling - 08 Oct 2017 14:53

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Hi everyone,

no good news today

i masturbated this morning after a stretch of 37 days

i feel like garbage or worse

i know what led up to this acting out my other computer is home and i know the password and i did not all anyone i thought i surrendered it but i did it in my head and not by actually calling a live person

based on my last stretch i understand that

1 it can be done

2 it's worthwhile

3 sobriety feels awesome

4 i am powerless over lust i can't even have a trigger at home without surrendering it

everyone out there have a gr8 moed

don't get too down that can be triggering

p.s. smile Hashem will help me pull out as long as i truly do what i can

*"l'chol asher yikrauhu be'emes"*

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Re: join SA!

Posted by LoveU,Hashem - 08 Oct 2017 21:31

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That must feel terrible. Please send me over some of your depression and disgust, i can really use it. It seems that the longer I am clean, the more I forget how bad it will be for me to act out. I'm sure you have plenty of extra of that feeling right now...

At least you'll know that for the rest of the day, it will be easier for you to stay clean. and that's all that we have right now..

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Re: join SA!

Posted by mikestruggling - 15 Oct 2017 15:21

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hi

Bein Hazmanim need I say more?

This is gonna be a challenging week being that I'm home and my wife's at work

Gotta keep busy and away from trouble

i'm sure many are in the same predicament

hatzlacha

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Re: join SA!

Posted by Markz - 15 Oct 2017 17:27

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[mikestruggling wrote on 15 Oct 2017 15:21:](#)

hi

**Bein Hazmanim need I say more?**

This is gonna be a challenging week being that I'm home and my wife's at work

Gotta keep busy and away from trouble

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hatzlacha

*"Sunday need I say more?*

*Erev YomTov need I say more?*

*Motze Yom Tov need I say more?*

*Deep Winter zman need I say more?*

*Bein Hazmanim need I say more?"*

So I think you need to say more

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