

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 GrowStrong - 19 Jun 2017 21:12

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[mikestruggling wrote on 19 Jun 2017 20:57:](#)

i haven't posted in a while now i'm just here because i'm in a bit of a lust attack (and i can't really call anyone) and i need to surrender my lust to my higher power i am afraid of losing my sobriety (which is the longest now in over one and a half years) i need to decide that i can't control my taivois/desires i can only control my reaction to them (i think, someone correct me if i'm wrong) and i can control right now

everyone else stay strong its not fun in a lust attack but posting is helping me

have an awesome day

Now that i have a bit of distance from my addict and addiction i have noticed something interesting happening.

Where I used to lust and want to be lusted after the current status is that 'I want to lust'

After thinking about this for a few days, i was able to realize for myself that this is the addict inside me who lusted for so many years who is doing this wanting to lust business. Its not me. So I work my program to not let it take me over. And to not lust. He (my addict) can want all he wants... its not what I want.

There are many ways to cast it away, but the key is to not focus on the lust, rather work on transcending it.

It might never go away (from our awareness of periphery) , but the compulsion to listen to it or to C"V follow its orders dissipates with time.

As long as we remain in spiritual health.

So work on getting to a good place spiritually, You can't do that AND lust at the same time!

Stay Strong brother.

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Re: join SA!

Posted by GrowStrong - 19 Jun 2017 21:13

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[bear wrote on 19 Jun 2017 21:07:](#)

Hang in there Mike, we are all cheering you on.

Maybe try going running or on a walk right now. First off while your running/walking you can not act out. And second off the exercise might just stop your lust attack.

Hatzlacha!!!

Or read literature, listen to a Dov tape or SA share..

(with literature)

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Re: join SA!

Posted by dms1234 - 19 Jun 2017 21:23

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Why cant you call someone? I bet your sponsor is a good start. You can call me if you want.

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Re: join SA!

Posted by mikestruggling - 20 Jun 2017 09:27

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thanks to each and every one of you i am still sober though to be honest i didn't wait to see your responses i knew you'd all be there and that was enough

i had another big attack today just got off the phone with my sponsor 15 minute convo so i might (i am powerless after all) be fine

have an awesome day

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Re: join SA!

Posted by Hashem Help Me - 20 Jun 2017 11:08

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Happy to see you pulled through. You see b'ezras Hashem you can do it. If the impetus to stay clean came from the chizuk you get from the forum chevra, great! Keep posting. Have a great day.

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Re: join SA!

Posted by MayanHamisgaber - 20 Jun 2017 19:50

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I guess O.I.N.K. needs to get their act together

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Re: join SA!

Posted by mikestruggling - 21 Jun 2017 11:23

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[MayanHamisgaber wrote on 20 Jun 2017 19:50:](#)

I guess O.I.N.K. needs to get their act together

maybe we should just start with me you and GS we can call ourselves the three little pigs

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Re: join SA!

Posted by MayanHamisgaber - 21 Jun 2017 17:14

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I thought we were waiting for GS.....

Very well please let me know

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Re: join SA!

Posted by GrowStrong - 21 Jun 2017 21:52

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[MayanHamisgaber wrote on 21 Jun 2017 17:14:](#)

I thought we were waiting for GS.....

Very well please let me know

Sunday and Wednesday I come to Jerusalem these days - maybe you guys arrange and we can take from there

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Re: join SA!

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Posted by cordnoy - 21 Jun 2017 21:58

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[GrowStrong wrote on 21 Jun 2017 21:52:](#)

[MayanHamisgaber wrote on 21 Jun 2017 17:14:](#)

I thought we were waiting for GS.....

Very well please let me know

Sunday and Wednesday I come to Jerusalem these days - maybe you guys arrange and we can take from there

Thanks for the Gatorade.

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Re: join SA!

Posted by MayanHamisgaber - 22 Jun 2017 03:37

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wanna elaborate

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Re: join SA!

Posted by mikestruggling - 22 Jun 2017 10:49

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[cordnoy wrote on 21 Jun 2017 21:58:](#)

[GrowStrong wrote on 21 Jun 2017 21:52:](#)

[MayanHamisgaber wrote on 21 Jun 2017 17:14:](#)

I thought we were waiting for GS.....

Very well please let me know

Sunday and Wednesday I come to Jerusalem these days - maybe you guys arrange and we can take from there

Thanks for the Gatorade.

i didn't quite get the gatorade line which left me wondering if it was actually gatorade that you drank

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Re: join SA!

Posted by cordnoy - 22 Jun 2017 11:33

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Was wonderin' what this worm was doin' swimmin' in my drink.

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Re: join SA!

Posted by mikestruggling - 22 Jun 2017 12:14

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hi we'll get beck to the theme before we start bickering then punching (bickerin' then punchin')

before i start a quick word of caution: The twelve steps DO INDEED work there are probably millions who have been helped so whatever kashias i may have is irrelevant because "it works if you work it" and there is major support by the gedoilim (or so i've been told by my chassidisher therapist)

having said that here goes! a point to ponder

if we are praying to the higher power "as we may understand Him" that means that i pray to

Hashem and other religions pray to whoever they feel. for example if a person believes that a rock created the world chalila then the program would probably still work. how? Hashem lets? why?

i believe i have some answers but i would love to hear from the oilem

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