

join SA!

Posted by mikestruggling - 29 May 2017 22:41

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 Hashem Help Me - 28 Nov 2017 05:50

Mike, you are doing it! Keep it up!

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Re: join SA!

Posted by mikestruggling - 29 Nov 2017 06:32

I don't mean to correct you, but I'm actually not doing much I'm allowing Hashem to do His thing. I honestly believe it. I can't maintain sobriety at all. Period. That's not to say it's easy. I have to do work but my sobriety is Hashem's.

thanks

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Re: join SA!

Posted by Hashem Help Me - 29 Nov 2017 12:16

What i meant by "doing it" was that you are keeping with the program and following the steps etc. Allowing Hashem is something many dont know how to do, yet you are. So keep on "doing it"!

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Re: join SA!

Posted by mikestruggling - 02 Dec 2017 18:58

A gutte voch!

Just reporting that i feel very powerless right now. I can't think of any better thing to do than watch porn or touch myself. Hashem can think of better things for me to do. I'll just keep taking the next right step and He'll give me fulfillment and serenity.

hatzlocho!!!

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Re: join SA!

Posted by mikestruggling - 03 Dec 2017 13:12

Thanks for all the thank yous. it feels good.

I pulled thru for now. not 100% I did call a chat line. It wasn't worth it (duh). In the future (the past is irrelevant) I know it's worthwhile to get out of bed to make the phone call to an SA member to keep me on the right path.

Hatzlooche rabbe

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Re: join SA!

Posted by bb0212 - 03 Dec 2017 14:27

[mikestruggling wrote on 03 Dec 2017 13:12:](#)

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Hatzlooche rabbe

I like that, it's a very positive approach. Kutgw

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Re: join SA!
Posted by mikestruggling - 06 Dec 2017 05:53

I made a major slip two nights ago. I listened to phone sex for an hour. I'm keeping my sobriety date B'hashgochas my sponsor. We can say I have SA sobriety.

Last night I left my phone out of my room (the problem is at night). during the day yesterday I used my phone a lot (for recovery). Kateigur naasis saneigur.

hatzlacha

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Re: join SA!
Posted by MayanHamisgaber - 06 Dec 2017 12:19

[mikestruggling wrote on 06 Dec 2017 05:53:](#)

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hatzlacha

Hey MS (I like the sound of that :-))

Thanks for the share and the Honesty gives me chizuk to here (not that I want you or anyone else to be struggling)

KOMTNMW

(where the hell is GS)

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Re: join SA!

Posted by Hashem Help Me - 06 Dec 2017 12:29

Transparency and accountability assist in recovery. Even though its not a "fall" its great to tell people where you had a weakness. Obviously you "are still looking for something". Lets replace it with something else..... You are working hard, devoting much time and effort. Iyh there will be loads of hatzlacha.

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Re: join SA!

Posted by mikestruggling - 10 Dec 2017 16:24

Hi there.

My experience is that if the goal of recovery is "a lot of sobriety" that's depressing. there's no purpose to that in and of itself. after a long time nothing happens. no one comes to greet you with a large pot of gold (sorry to burst your dreams), that is certainly not what ODAAT means. in fact it is exactly the opposite. i've found that when my goal in recovery is to live today to the fullest that can give me immense satisfaction.

hatzlacha

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Re: join SA!

Posted by mikestruggling - 13 Dec 2017 06:36

Happy Hannuka!!!!!!

Chanuka is gratitude time (ayin R Chaim why we don't say al hanissi in al hamichya).

I'm grateful for...

sobriety today (incl. piece of mind)

my life

my wife

a great fellowship

guard your eyes.

feel free to add your gratitude lists.

Best of luck!!!!!!!

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Re: join SA!

Posted by mikestruggling - 13 Dec 2017 13:42

i'm resentful at... doughnuts and latkes

the cause too much oil

it affects my acne and weight

my part in this eating too many

G-d would still want me eating ad bli dai

Enjoy!!!!!!

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Re: join SA!
Posted by mikestruggling - 17 Dec 2017 16:58

Wow!! 70 days!!!

I don't believe it!!!

On the GYE chip it says *oihev Hashem* one who loves Hashem. That may or may not be true. I think for myself and maybe others like me it should say *ohuv Lashem* one who Hashem loves. Hashem keeps me sober when I do his work.

Hatzlacha!!!!!!!!!!!!

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Re: join SA!
Posted by bb0212 - 18 Dec 2017 20:00

[mikestruggling wrote on 17 Dec 2017 16:58:](#)

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Hatzlacha!!!!!!!!!!!!

Ohuv Lashem is always true, even at 0 days.

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