

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 mikestruggling - 09 Aug 2017 03:58

thanx but if i don't look at this like i'm never gonna act out again (ODAAT of course) i would be acting out right now. i wanna do everything in my power for that i need motivation. Realistically speaking i probably won't stay clean but there are so many tools that i can use and it seems that fears and gratitudes really work

thanks hatzlacha

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Re: join SA!

Posted by mikestruggling - 16 Aug 2017 07:34

hi guys

i think *gehinnom* will be being married to a woman you truly love in active addiction. i don't know what's worse that or a fiery pit.

I'm in a bad mood (sort of) i am in middle of a massive binge i found a loophole in my computer filter and i can now watch real porn not little pictures on a camera. and i get up in middle of the night and watch (during the day its too risky even when i'm home alone for whatever reason).

I've decided this morning that I want (still need to run it by my sponsor) to add TaPHSiC to my program. the reason is simple when i'm on the Forum or at a meeting i have all the willingness i need to go and surrender my lust. however on the battlefield (i.e. in middle of the night etc.) i lose some of my resolve so if i add a TaPHSiC it won't stop me from acting out (I'm powerless) but it WILL (hopefully) push me to surrender

have an awesome clean day

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Re: join SA!

Posted by Hashem Help Me - 16 Aug 2017 16:57

Sorry you are having a challenging time. Did you try calling anyone when it got rough?

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Re: join SA!

Posted by mikestruggling - 16 Aug 2017 19:24

yes to make a long story short, i called someone twice he told me to call again but i didn't i was too anxious and honestly i was scared he would convince me not to act out. i should've taken a klonopin.

Tonight i B"H pretty much forced my wife into changing the password on our computer. I approached her with the settings open and just said "here".

so tonight i can't watch real porn i daven that hashem should keep me sober tonight

hatzlacha

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Re: join SA!

Posted by GrowStrong - 16 Aug 2017 21:14

[mikestruggling wrote on 16 Aug 2017 19:24:](#)

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hatzlacha

Great work!

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Re: join SA!

Posted by dms1234 - 17 Aug 2017 04:05

Speaking to your sponsor is always a great idea! Remember the filter isnt going to help us be sober or recover! Its just a mere safeguard of which hopefully we wont even have to use!

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Re: join SA!

Posted by getthere - 17 Aug 2017 14:30

[mikestruggling wrote on 16 Aug 2017 19:24:](#)

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hatzlacha

Very good, that takes alot of courage. Can you block the loophole in the meantime? You will

Continued Hazlacha

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Re: join SA!

Posted by bb0212 - 17 Aug 2017 17:10

probably find out the password at some stage.

Just caught up on what's happened the past few days. Mike (if I can call you that), sounds like you've been working hard the past few days. Keep up the good work that you've been doing!

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Re: join SA!

Posted by mikestruggling - 17 Aug 2017 21:11

Hi guys my wife is in the shower and i have the computer open so the longer my post is the longer i didn't act out

thanks for all your responses i always appreciate it

as to fixing the loophole i can't fix it fr real what's happening is that i can log in to my wife's work computer in the states which is how she works here in Israel and she leaves the login info already typed in so i just have to open the program hit O.K. and i'm in to a filterless computer

the only way to fix it is to tell her that i noticed it which in my fearful addicted mind may mean she figures out that i've used it then the question is for what bla bla bla

my sponsor says i have to pray for willingness and i pray for the willingness to believe him (just kidding my sponsor sees this). he's right i'm not willing to give it up it's so enjoyable nothing in my life can compare

gotta go wife's about to come out

Hatzlacha

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Re: join SA!

Posted by mikestruggling - 18 Aug 2017 04:46

just to finish off the last thought i'm not willing enough to stop but i recognize that i NEED to stop
"beruchnius uvegashmius" i suffer from emotional problems very much because of my addiction

additionally in my SA group when i see the guys with real sobriety they DO seem to possess a
happiness "i would otherwise never know" i CAN get that

hatzlacha

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Re: join SA!

Posted by mikestruggling - 31 Aug 2017 19:59

i'm in a rut again. i am coming closer to my first step experience i am coming to admitting
(stopping to deny?) that i am powerless over lust and that my life is unmanageable. yet i don't
feel too motivated to change that. i can daven for motivation that helps. my underlying problem
as i see it is that i never had any form of manageable life which i can compare with to aspire for.
i need to believe that i will get peace of mind if i follow what i'm being told. i can see guys at the
fellowship who have happiness and self worth evident upon their faces i want that. i can get it.

in other news i noticed my social anxiety went down like 85% since i've joined SA as my
therapist said it would it's mamash a neis.

also i went to the english speakers SA conference here in yerushalayim and actually bumpe into
Duvid Chaim that was nice i got to see one of the head honchos of our joint.

Hatzlacha

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Re: join SA!

Posted by Hashem Help Me - 31 Aug 2017 21:54

Sometimes as we climb, we need to cross ditches and head down to head up. You are BH seeing growth and plenty of honesty. Just stay connected. Keep attending meetings. Keep posting. Keep being honest. You will experience that happiness and self worth just as you have seen the radical change with the anxiety. Hatzlocha

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Re: join SA!

Posted by dms1234 - 03 Sep 2017 01:31

I find it helpful when i am in a rut to tell my sponsor whats going on and asking for help from him. What does he have to say. I try to remove my ego and say: my best thinking has gotten me into some pretty crappy places so right now i need to listen to my sponsor and whatever he says i will do. That has to be my attitude. I trust my sponsor. He is amazing. He has great experience, strength and hope. Thats why i speak to pick up the phone and call.

Speaking of which, time to call my sponsor!

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Re: join SA!

Posted by MayanHamisgaber - 03 Sep 2017 17:47

Mike

Where are you?

What is going on? Still in a rut?

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