

Dangers of SAPosted by workingmyprogram - 18 Mar 2018 23:52

My Dear Yidden,

?I haven't seen this issue addressed on here and think it's important to mention. Namely, the dangers of SA. I went to SA meetings for years and found that there is a very insidious and unhealthy way that SA as a whole seems to approach what we call taiva. Its seems they attach a lot guilt and shame to sexual desire. They view the struggle against "lust" as some kind of war against ourselves, not recognizing that the sex drive is an inherently holy thing that merely needs to be channeled. It's a very Christian way of looking at human nature, and when exposed to this type of thinking for so long, its very easy for yidden that go to these groups to take on this mentality (which I believe is at odds with the Jewish outlook). In addition, there was more than one occasion that people from program, not necessarily SA though, tried to convert me to Christianity! My own sponsor even tried to convert me! This is a danger that is prevalent whenever Jews are around Christians and are vulnerable and going to them for advice. I believe that combining Christian extremism with the disease of addiction makes for some very unhealthy people (Mel Gibson anyone???), hence my former sponsor. But even WORSE was the following incident: I was at a meeting once and we read from a pamphlet which contained the story of a frum man who was having a hard time getting sober, so he approached Roy K (the founder of SA) for advice. Roy K told him that there was no way that he would be able to get sober if he remained a practicing Jew! Desperate to believe anything, the man stopped becoming frum (lo aleinu). In my mind that's unforgivable, and despite the good that Roy K did, it's all for nought if he took part in taking even a single yid away from torah and mitzvos. So, for anyone in SA, be very careful. SA is like chemotherapy. It may save your life, but the dangers are real and the cure itself can kill you. Definitely don't expose yourself more than necessary, and try to find the answer in Yiddishkeit and the Ribbono Shel Olam. This post is going to make some people angry and uncomfortable, and that's a good thing. We can no longer ignore the elephant in the room.

=====
=====

Re: Dangers of SA

Posted by ieeyc - 20 Mar 2018 05:21

[ieeyc wrote on 19 Mar 2018 07:24:](#)[ieeyc wrote on 19 Mar 2018 02:19:](#)

thank you so much for putting a little bit of balance in the concept of sa, i think your post is a must read for anyone who is contemplating sa,they may have to go,it might be pikuach nefesh if they dont go ,their own nefesh ,or c"v someone elses nefesh,but they cant go running blindly without the awarness of the above post!thank you for having the courage to post even though you might undergo the scathing comments or **other ways of showing displeasure by members here**.this post should definitely be made public , not to **deter** those who need it, but to keep them on their toes.

Alas! Ive been smitten!

Karma:-1 - +

again id like to take the time to thank you again ,for posting some personal experience on what goes on (or could go on)in sa ,cant believe anyone who really needs it would be deterred by this post,but at least when made aware of the danger he will not be easy prey in such a delicate emotional position

=====

=====

Re: Dangers of SA

Posted by cordnoy - 20 Mar 2018 13:08

Btw, there has been lots of chatter regarding PA. I believe there are several in Israel and one or two on the east coast.

I haven't figured out their mission statement yet, but it is founded by Jews (if you're into that) and they don't meet in churches (if you're not into that).

There are probably other excuses why not to join; I'm just sayin'.

God speed to all!

=====

Re: Dangers of SA

Posted by ieeyc - 20 Mar 2018 14:57

i would like to just say something ,i hope no one gets offended,ive heard the pros and cons of sa, and little me hears both sides and both sides are pretty necessary.

i think its obvious the pro side ,when one hears whats Rachmana litzlan going on in the world regarding zenus ,its not plain old mast*rbat*on(i hope every knows what i mean astrik permitting and all)were talking about terrible self harm beside the aveira aspect,molestation ,suicide from selfloathing breaking up of families , etc .etc. and sa has helped many,

then there is the con side which i wont mention again since i mentioned here the necessity of working my programs post, (thank you again for opening our eyes to the dangers that many are unaware of)

theres s/t that bothers me and that is the using of Rabbonim to boost your point .

ive seen statements and things here that im not so sure the Rabbonim would approve of (of course nothing pornographic)whether its statements of lack of filters,"doesnt help me anyway...(did you ask a Rov about that sevara) and other things dont want to elaborate,ive stepped on enough toes,now im not talking about s/o who is consumed with lust and doesnt listen to Rabbanim,he is under the influence of temporary insanity ,so im not talking about that , im talking about the parve stuff when we know were not following the guidelines of the Rabbonim who we quote to support our posts .

anyway thanks for listening.

=====

Re: Dangers of SA

Posted by hashiveinu - 22 Mar 2018 22:31

again, i dont know anything about sa personally. everything im saying is from what people tell me. that said, what needs to be explained is, why are so many people sold to it? im sure all of you reading this are thinking "the answer is obvious, because it works".

so im just gonna explain what it works for (again, not from experience of my own, but quoting many people who do have experience).

one of the the things i hear most from sa people is, "my life was unmanagable and sa made it managable". it seems like the point of sa is to restore your life to being managable and hopefully minimize the pain and suffering that comes along with being an addict. like with alchohol, the act of drinking is fine, but if it is ruining your life it isnt. what this gives over is that if doing the act as many times as you do it wouldnt pain you and make your life unmanagable, it is ok. along with that comes the idea that you are ill and not doing anything wrong you just have to heal yourself and bring your life back to normal, so if you slip up once in a while you did nothing wrong. as long as you get right back up and forget about the past.

this is very liberating and is the reason why people are sold to it. it makes them feel good and can save them from the chain reaction of i fell so what was my trying worth.

this is against yiddishe hashkafa. sheva yipol tzaddik vikam does not mean that what you did was ok. it was not ok and what you did was wrong. it was purely from the yetzer hora. and although you get up and move on, it does not mean you should minimize the chomer of the aveirah. you still must do teshuvah. its for hashem to decide if you deserve an onesh or not and if it was really an oneis.

what can end up happening is that once the mind thinks that its not an aveirah, just an illness, he may end up using it as an excuse conciously or subconsciously and act out when he otherwise would not have, and this i know for a fact from more than one person.

for a goy this is perfectly fine but for a jew it isnt.

there are exceptions. im not a posek but some examples may be, someone who is helpless and will for sure do worse things otherwise, or is either a risk to others or pikuach nefesh or knows for a fact that this wont harm him. never can a person make this judgment on his own without the psak of a real daas torah. what ive heard over so many times is that whether or not you are a real addict, in sa there is a pressure to "confess" and admit that you are an addict. this can be dangerous.

so yes, most who join can end up feeling great, but although it can be very helpful for many, that feeling can also be destructive to others. so before joining you must consult a daas torah. and of course keep in mind the risks so as only to take out the helpful and haskafikally and halachically correct parts.

as far as dong it in a church can be a big shailah in halacha and a rov must be consulted.

=====
=====

Re: Dangers of SA

Posted by cordnoy - 22 Mar 2018 23:08

[hashiveinu wrote on 22 Mar 2018 22:31:](#)

again, i dont know anything about sa personally. everything im saying is from what people tell me. that said, what needs to be explained is, why are so many people sold to it? im sure all of you reading this are thinking "the answer is obvious, because it works".

so im just gonna explain what it works for (again, not from experience of my own, but quoting many people who do have experience).

one of the the things i hear most from sa people is, "my life was unmanagable and sa made it managable". it seems like the point of sa is to restore your life to being managable and hopefully minimize the pain and suffering that comes along with being an addict. like with alchohol, the act of drinking is fine, but if it is ruining your life it isnt. what this gives over is that if doing the act as many times as you do it wouldnt pain you and make your life unmanagable, it is ok. along with that comes the idea that you are ill and not doing anything wrong you just have to heal yourself and bring your life back to normal, so if you slip up once in a while you did nothing wrong. as long as you get right back up and forget about the past.

this is very liberating and is the reason why people are sold to it. it makes them feel good and can save them from the chain reaction of i fell so what was my trying worth.

this is against yiddishe hashkafa. sheva yipol tzaddik vikam does not mean that what you did was ok. it was not ok and what you did was wrong. it was purely from the yetzer hora. and although you get up and move on, it does not mean you should minimize the chomer of the aveirah. you still must do teshuvah. its for hashem to decide if you deserve an onesh or not and if it was really an oneis.

what can end up happening is that once the mind thinks that its not an aveirah, just an illness, he may end up using it as an excuse conciously or subconsciously and act out when he otherwise would not have, and this i know for a fact from more than one person.

for a goy this is perfectly fine but for a jew it isnt.

there are exceptions. im not a posek but some examples may be, someone who is helpless and will for sure do worse things otherwise, or is either a risk to others or pikuach nefesh or knows for a fact that this wont harm him. never can a person make this judgment on his own without the psak of a real daas torah. what ive heard over so many times is that whether or not you are a real addict, in sa there is a pressure to "confess" and admit that you are an addict. this can be dangerous.

so yes, most who join can end up feeling great, but although it can be very helpful for many, that feeling can also be destructive to others. so before joining you must consult a daas torah. and of

course keep in mind the risks so as only to take out the helpful and haskafikally and halachically correct parts.

as far as dong it in a church can be a big shailah in halacha and a rov must be consulted.

Thank you for this, although it's wrong. The experts in SA are very clear and it is in all the books that those who are in SA and those who are addicted, one drink of alcohol, or one bout of lust, is a killer for us, for our lives are not manageable and we cannot drink like normal humans. That is why they are so key on a sobriety date. As a matter of fact, there is another school, and this is from the frume group who say that lust is God-given and should not be abolished. It is wrong (they say) of SA to say that it cannot be tolerated at all, but rather, one should learn how to live together with lust. This is called "victory over" instead of "free from."

God speed to the truth and towards recovery! Amen!

=====

Re: Dangers of SA

Posted by hashiveinu - 22 Mar 2018 23:29

[cordnoy wrote on 22 Mar 2018 23:08:](#)

Thank you for this, although it's wrong. The experts in SA are very clear and it is in all the books that those who are in SA and those who are addicted, one drink of alcohol, or one bout of lust, **is a killer for us, for our lives are not manageable and we cannot drink like normal humans.** That is why they are so key on a sobriety date. As a matter of fact, there is another school, and this is from the frume group who say that lust is God-given and should not be abolished. It is wrong (they say) of SA to say that it cannot be tolerated at all, but rather, one should learn how to live together with lust. This is called "victory over" instead of "free from."

God speed to the truth and towards recovery! Amen!

i agree that i know very little about sa and i am open to hear all opinions of it. but i think you misunderstood me. what you wrote is exactly my point. it is only a problem "for us" and only because "our lives are not managable". meaning that the act isnt the problem rather what it does to us and how it affects our lives. the problem is how we do it not what we do. the facts are that many people are "working" on recovery but are not actually recovered and are not guaranteed to be recovered so they are not holding by stopping cold turkey. its the mindset that sa gives which can harm them. not the rules.

about the "frume group", i am not familiar with it but it sounds like utter nonsense to me and i cant imagine any rabbi backing such a mehalech.

because im explaining the con, i feel like im coming across as anti sa. i am not at all anti and dont have a right to such an opinion. i can only say that its for sure not for everyone and a daas torah must always be consulted. it is the rabbanim and talmidei chachamim who are the einei haeida, and they are given a special siyata dishmaya to guide us in the way hashem wants us to go. the therapists and the methods given to us from the "world" are tools to be used, but with the guidance of daas torah.

=====
=====

Re: Dangers of SA

Posted by Markz - 23 Mar 2018 00:17

Hashivenu

I don't like long posts, so forgive me for not quoting yours

It has nothing to do with dangers of SA. There are 1001 excuses to act out

=====
=====

Re: Dangers of SA

Posted by cordnoy - 23 Mar 2018 00:27

Sorry, I'm all spent to continue For now.

By the way, daas Torah has already weighed in.

B'hatzlachah

=====

Re: Dangers of SA

Posted by Markz - 23 Mar 2018 00:44

It was a reply to your 2nd last post that addicts feel free to break fences, and it's not considered a sin, which I don't know where you get that from. Yes they have a stronger "Yetzer"... Either way philosophizing belongs elsewhere...

I had started writing the reply earlier, but then my therapist interrupted for her session...

=====

Re: Dangers of SA

Posted by ieeyc - 23 Mar 2018 03:05

[hashiveinu wrote on 18 Jan 1970 14:42:](#)

what can end up happening is that once the mind thinks that its not an aveirah, just an illness, he may end up using it as an excuse conciously or subconsciously and act out when he otherwise would not have, and this i know for a fact from more than one person.

i havent gone to sa yet but when i was in fall mode of mb and was very into reading articles

here i have had this thought that its an illness and its not (such)an aveira, its an illness.although now in getting up mode BH i dont see it as an illness but as a nisayon. i hope this contributes to the discussion,i think it had shaychus.

while im on this post id like to ask a question that mentioned by cordnoy ,and that is, fromwhat i understand that the Torah hashkafa is , everything in a man is good in the right time even the things that we look as to be negative like anger , against reshaim it **should** be used ,to do justice , amalek etc. it just depends how its used , even kindness if its used in the wrong way is badit all depends how its used .now i would like to ask what about lust,its something in a man ,in the right time ,with both partners(husband and wife that is)happily consenting, and no cajoling involved ,G-D forbid,lust is a holy thing (needless to say along the guidelines of the halacha),and what Hashem wants , its only unwed people who do the same exact thing ,which is hateful to Hashem.

now where does that leave people with sa,they have to live with their spouses, so is the act done,or must be done,without lust?which leads me to my next question , since no one put up a thread on definition of words yet,what does lust mean exactly?i would really like to have a definition of marriage without lust (is there lust if both partners are giving to each other and trying to make the other partner happy)because it seems to me that its mentioned alot on this forum of how lust is poison to an addict.

just one more point we want to eat Matzah biteavon with appetite, and a mitzva s achila thats done with appetite is HIDUR MITZVA the mefarshim say (maybe Rashi?) does the same thing apply to the mitzva of being together with a wife, is it included in this rule?

thank you in advance for your answer(s)

=====

=====

Re: Dangers of Hijacking

Posted by Markz - 23 Mar 2018 03:57

ieeyc we need to learn boundaries

You're asking great questions - and they are!

Please post them on your personal thread

Warning: Spoiler!

Mikestruggling won't complain, but each member has a thread and it unravels when hijacked.

Of course things can go off topic for a while, but de-threading mikes bottle strings isn't good for him

=====

Re: Dangers of Hijacking

Posted by Gevura Shebyesod - 23 Mar 2018 04:02

Wow, even the title of this thread has been hijacked now!

=====

Re: Dangers of SA

Posted by ieeyc - 23 Mar 2018 08:23

[ieeyc wrote on 23 Mar 2018 03:05:](#)

[hashiveinu wrote on 18 Jan 1970 14:42:](#)

what can end up happening is that once the mind thinks that its not an aveirah, just an illness, he may end up using it as an excuse conciously or subconsciously and act out when he otherwise would not have, and this i know for a fact from more than one person.

i havent gone to sa yet but when i was in fall mode of mb and was very into reading articles here i have had this thought that its an illness and its not (such)an aveira, its an illness.although now in getting up mode BH i dont see it as an illness but as a nisayon. i hope this contributes to the discussion,i think it had shaychus.

while im on this post id like to ask a question that mentioned by cordnoy ,and that is, fromwhat i understand that the Torah hashkafa is , everything in a man is good in the right time even the things that we look as to be negative like anger , against reshaim it **should** be used ,to do justice , amalek etc. it just depends how its used , even kindness if its used in the wrong way is badit all depends how its used .now i would like to ask what about lust,its something in a man ,in the right time ,with both partners(husband and wife that is)happily consenting, and no cajoling involved ,G-D forbid,lust is a holy thing (needless to say along the guidelines of the halacha),and what Hashem wants , its only unwed people who do the same exact thing ,which is hateful to Hashem.

now where does that leave people with sa,they have to live with their spouses, so is the act done,or must be done,without lust?which leads me to my next question , since no one put up a thread on definition of words yet,what does lust mean exactly?i would really like to have a definition of marriage without lust (is there lust if both partners are giving to each other and trying to make the other partner happy)because it seems to me that its mentioned alot on this forum of how lust is poison to an addict.

just one more point we want to eat Matzah biteavon with appetite, and a mitzva s achila thats done with appetite is HIDUR MITZVA the mefarshim say (maybe Rashi?) does the same thing apply to the mitzva of being together with a wife, is it included in this rule?

thank you in advance for your answer(s)

=====

Re: Dangers of SA

Posted by ieeyc - 23 Mar 2018 08:29

[Markz wrote on 23 Mar 2018 03:57:](#)

ieeyc we need to learn boundaries

You're asking great questions - and they are!

Please post them on your personal thread

Warning: Spoiler!

Mikestruggling won't complain, but each member has a thread and it unravels when hijacked.

Of course things can go off topic for a while, but de-threading **mikes** bottle strings isn't good for him

sorry but there aint no mikestruggling at this address, so chevra im waiting for your answers

=====

=====