

SA

Posted by hehochma - 12 Jan 2024 04:45

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[cordnoy wrote on 11 Jan 2024 15:46:](#)

[youknowwho wrote on 11 Jan 2024 15:22:](#)

[hehochma wrote on 10 Jan 2024 20:34:](#)

[iwillmanage wrote on 10 Jan 2024 16:28:](#)

[Ish MiGrodno wrote on 10 Jan 2024 04:01:](#)

Holy Mackerel! Seriously?!?

I have no idea what went on in this post (*so please forgive me if I missed the boat; although I do see that Rabbeinu CO Shlit"a used the h\_\_\_ word so I assume that it's a lively and bochuresheh thread*)...but someone ACTUALLY doubts that a better connection with his wife won't be a substitute for his lust issues??

I mean, like, you're a super hero and an awesome fellow.. but unfortunately don't seem to have tasted the real thing yet. Which is perfectly understandable. Big-fat-talker-me was a totally blind loser, replete with magazine and computer mistresses till my 40's : (

But y'gotta realize:

**When your toddler has his first chocolate chip, it becomes increasingly difficult to feed him carrots.**

**When your teenager begins to drive, he gives up on the scooter.**

**When your bochur begins to enjoy a festeh R' Akiva Eiger, he loses his taavah to hock around in the coffee room.**

**When your teenage daughter flips out in sem, she becomes "grossed out" by red nail polish.**

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totally confused and missin' somethin' out here in the hicks of Grodno

P.S. Please PM me and let's shmuz; I'm waaaayyyyy nicer in person

Yes, seriously!

For some the notion that reprogramming bedroom life is the answer to their problems is as far removed from reality as lust is from love.

For that price we should be able to win the war in Gaza by simply asking Hamas to leave.

Apparently, some 'experience the real thing, realize that pornography sets up their brains in such a way that actually causes them to enjoy sex less' (HHM above) and stop. Aderabe v'aderabe, really lucky them. But others don't need reasons, definitely not the fact that 'it makes sex less enjoyable'. They have close to 90,000 reasons already, but it all means zilch to them.

Some girls seriously go for the red nail polish even after experiencing sem, some even go for the carrot stick after tasting a chocolate chip!

And some of us might tell you that the 'real thing' is more like the carrot and porn like the chocolate chip.

And those guys usually do much better in SA.

Just sayin'. I don't know see many around these parts that talk that talk and succeed with the GYE-only approach.

Way I see it - there are two options -

1) You can either focus on learning that life without lust is **more** enjoyable, **more** satisfying and well worth the effort. And you can beat lust to a slow retreat out of your marriage, your mind and your life. This is the TBOTG-style, GYE-forum-group-no-meeting, accountability-partner, social-support, way to quit.

2) Or you can admit that lust is a cunning and baffling power that holds you totally and

powerlessly (this is a word, isn't that cool?) in it's sway and that you are totally powerless to do anything about it all (See Dov, Cordnoy etc). Surrender, ask a higher power to remove the lust, make a fearless personal accounting and be brutally honest about how totally lust could destroy your life if you don't surrender and ask for the higher power to take care of business. Step-work is brutal but it works.

A key difference bein' whether lust still lives front and center in your mind (SA way) or it has been banished to the corners of your mind and pops out to scare the living daylights outta you every once in a while.

Both of these ways work, and they are both perfectly valid. But each one has a **vital requirement**:

To succeed with the **TBOTG approach** - **You need to be willing to learn that life is better without lust. That is your starting point to recovery.**

To succeed with the **SA approach** - **You need to be willing to recognize that you are powerless, desperate and at the mercy of a cunning and ruthless addiction. That is your starting point to recovery.**

**If you try to do both** - so you hold on to half of the SA idea that lust is so universal and impossible to chase away, but you hold on to half of the TBOTG idea that you are so wonderful for having managed not to watch porn for 24 hours - **you have locked yourself out of recovery from either avenue.**

If you try both neither way will work. You can't **beat** lust - it's too universal. You can't **surrender** - there's no desperation if you pump yourself up every time you manage for five minutes without porn.

Everyone can and should do whatever works for them.

I for one relate to IMG, HHM and Yiftach - **AMAZING WORK YIFTACH - YOU'RE A LEGEND!!!**

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Thank you hechochma for this very interesting and informative post, food for thought!

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Maybe on a new thread....thanks!

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Thanks Cords. I have been doing a slow swim through your many threads and I have found them to be very enlightening.

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Re: SA

Posted by iwillmanage - 12 Jan 2024 13:37

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[guardyoureyes.com/articles/12-step/item/addict-or-not?category\\_id=30](https://guardyoureyes.com/articles/12-step/item/addict-or-not?category_id=30)

[guardyoureyes.com/articles/12-step/item/who-should-step-over-the-threshold-into-12-step-rooms?category\\_id=30](https://guardyoureyes.com/articles/12-step/item/who-should-step-over-the-threshold-into-12-step-rooms?category_id=30)

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Re: SA

Posted by hechochma - 12 Jan 2024 17:57

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Posted by hechochma - 12 Jan 2024 17:59

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Re: SA

Posted by chaimoigen - 14 Jan 2024 20:23

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[hechochma wrote on 12 Jan 2024 17:57:](#)

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Lew's definition of addiction is the best I've ever heard.

A close friend who is an excellent and experienced therapist told me he would define it as when the use of whatever substance/drug/behavior is "causing dysfunction". Something to think about, because there's a spectrum.

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Re: SA

Posted by hechochma - 15 Jan 2024 01:06

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From the mouths of Doves.

[guardyoureyes.com/articles/12-step/item/can-12-steps-be-used-by-non-addicts?category\\_id=538](https://guardyoureyes.com/articles/12-step/item/can-12-steps-be-used-by-non-addicts?category_id=538)

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Re: SA

Posted by true\_self - 15 Jan 2024 08:48

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That's great for the therapist that needs to know how to work with his or her client.

For the addict, addict-in-denial or doubting addict-non addict, I think that attraction is the way to figure himself out, as Dov writes in the article hechochma linked below (thanks).

If anyone out there is doubting if he's an addict or not (like I did), I suggest (sharing what has helped me) you read some of the AA/SA material and see if it attracts you, if you relate to some (even few) of the points they talk about, it's likely to be helpful for you to join the program.

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Re: SA

Posted by chaimoigen - 15 Jan 2024 14:26

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Re: SA

Posted by chaimoigen - 15 Jan 2024 14:28

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I have read a decent amount of AA material over the years (one great book is *God of our Understanding* by Rabbi Shais Taub). There is tremendous Chochma therein, and I gained a tremendous amount from what I learned and utilized the concepts in my personal battles and growth [obviously that isn't the same as actually working the program]. And it helped me in

helping others, in other areas. I have the greatest respect for the Program. A lot resonated with me. Yet I am BH not an addict, (though I may have a tendency to addictive behaviors, which I mostly successfully avoid BH). The fact that I learned a lot and some of it talked to me isn't a good way to see if I fit the criteria.

I'll explain better how I understand what my-friend-the-wise-therapist said. [At the risk of entering a discussion on this topic, which I know is a sensitive one, and one that I have not studied enough to have a fully developed opinion.]

1. Every time a guy (or gal) eats 3 pieces of cake even though they are on a diet, and says "I know I'll hate myself for this later, but I can't resist", he or she is acting out of a compulsion to follow an urge and against their better higher judgement. Does that define the individual as an addict? I personally would not opt for that definition, though I can only speak for myself. But what if this happens once per day? what about if it happens 3 times per day? What if he or she becomes grossly obese and is suffering from health and other problems as a result?

2. This is where the value of my friend's definition comes in. When such compulsive behavior extends to the intensity and level that it creates dysfunction in his or her life, and he cannot rein it in, that can be a useful definition of an addict who need serious help. This is how I understood his point.

It gets more complicated when you try to use this definition in the context of P&M and other kinds of sexual behaviors, when you factor in Yiddishkeit and people's anguish, guilt, and other internal issues, and how these behaviors are problematic in the context of a marriage.

I am not even going to try.

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@CO, Thanks for sharing ur Insight.. I have heard the same from a highly experienced therapist who is very familiar with addictions, particularly with P & M.. He agrees that there are those who need SA and it might be very beneficial for those who have no other options left, however, one who struggles with acting out compulsively doesnt mean that he is a definite addict.

I read thru the AA and SA books, and gained a lot, but would not consider myself (yet) an addict, though, I struggle with compulsive acting out

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Re: SA

Posted by willdoit - 16 Jan 2024 20:31

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