

SA meetings

Posted by future paltiel - 19 Aug 2024 00:05

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Hi everyone,

I am grateful to have recently joined SA!

Does anyone know of any English zoom meeting for/popular amongst frum people?

I have the international SA Zoom meetings list, however, in addition I would like to also connect with other Achim.

Thanks a lot!

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Re: SA meetings

Posted by parev - 19 Aug 2024 07:01

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Welcome!

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Re: SA meetings

Posted by jmyers99 - 19 Aug 2024 09:41

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I'm curious to hear about your experience in SA. My therapist doesn't think I need to go to SA as he doesn't think my addiction is so severe compared to the kinds of situations people are usually facing in SA... but the longer this goes on, the more and more open to it I become. I'm a bit nervous about joining, so curious to hear about your experience in it if you're open to sharing (anonymously) any details about the experience, either in this thread or via DM.

Thank you!

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Re: SA meetings

Posted by parev - 19 Aug 2024 10:49

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IMU There is only one criteria for joining SA

'Having the problem that is best solved there'

It doesn't matter if your 'problem' is that you fantasize and masturbate 'only once a week' or you are sleeping with prostitutes every night.

If you are shattered about your problem and have tried everything under the sun to no avail, and are prepared to agree you may be an addict, we'd love you to join us!

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Re: SA meetings

Posted by jmyers99 - 19 Aug 2024 10:53

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I'm holding in the once every week or two range at the moment, and I've been wanting to stop for almost four years now... I've done lots of journaling, reflection, therapy, etc. but obviously still struggling... so maybe I *do* qualify. And yes, I've realized I'm an addict at this point.

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Re: SA meetings

Posted by shmuel - 19 Aug 2024 11:27

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[future paltiel wrote on 19 Aug 2024 00:05:](#)

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Thanks a lot!

I have much more from attending meetings where I was the only visible jew

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Re: SA meetings

Posted by shmuel - 19 Aug 2024 11:33

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[jmyers99 wrote on 19 Aug 2024 09:41:](#)

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Thank you!

From the SA White Book: "the only requirement for membership is a desire to stop lusting and become sexually sober"

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Re: SA meetings

Posted by BenHashemBH - 19 Aug 2024 11:38

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[jmyers99 wrote on 19 Aug 2024 09:41:](#)

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Thank you!

If you would, consider reaching out to an amazing mentor HHM [micheelgelner@gmail.com](mailto:micheelgelner@gmail.com) who has helped countless people here. His experience may help you figure out a helpful next step.

Hatzlacha

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