

Am I fooling myself?

Posted by DesperateJew - 10 Mar 2010 15:24

I don't want to sound too confident in this whole thing but I am scared that I'm missing something. I have read about people not sleeping at night because they want to act out, etc. I have not had anything like that at all. Yesterday was the first time that I even felt a strong challenge in close to 3 weeks. So it scares me that I am perhaps missing something major and as a result will fall. I am scared that the YH is setting me up...

And trust me, I have had major issues that require me to be here! The day before I 'joined', I spent 8 hours (!) on my addiction.

Is it possible that I am learning how to deal with this all just by reading GYE and getting chizuk without doing the 12 steps or any of the other helpful steps? Or do I have reason to be scared as I am fooling myself?

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Re: Am I fooling myself?

Posted by Yosef Hatzadik - 10 Mar 2010 20:37

We are in the same boat.

I feel the same way. See my posts in 'Tov veyoshor Hashem.....' in the Introduce Yourself section.

If I can be considered normal, I would say that you are normal too. (Now, try suggesting that I)

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Re: Am I fooling myself?

Posted by Sturggle - 10 Mar 2010 21:15

Dear DJ,

I think the Y"H himself is causing you to ask such questions.

After all, if you get all worked up about it, one way or another,
who knows where that may lead.

I have not seen Yosef's posts yet,
but I think you are both normal.

Hopefully, you'll be able to continue on the path you're on
and keeping your eyes and ears open,
well, to the right things anyway,
you'll be a-ok.

If the time comes and you feel like the
"12 steps or any other helpful steps"
will be of good use to your cause,
then you are aware that they exist
and can be used to your benefit.

kol tuv

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Re: Am I fooling myself?
Posted by the.guard - 10 Mar 2010 21:31

I have seen many cases of guys who were very addicted, but as soon as they discovered GYE and that they are not crazy and not alone, and that many have broken free, and they read stories and learned the tools - they never went back again. It's truly amazing to see this happen, and you could very well be one of those cases! Be'ezrat hashem!

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Re: Am I fooling myself?

Posted by bardichev - 10 Mar 2010 21:34

Hi

I AM HERE FOR CLOSE TO A YEAR WITHOUT ANY FORMAL 12 STEP PROGRAM

I DO INCORPORATE ALOT OF THEIR STUFF

ONE OF THE MAIN THINGS THAT WILL HELP YOU SUCCEED IS BEING HONEST

IT BROKE MY HEART TO ADMIT I FELL

BUT IF I WASNT HONEST I WOULD BE A LOSER AND A LIAR

SO GO FOR IT POST AWAY

BUT DONT WHITE KNUCKE IT

BECAUSE EVERYONE HAS A BREAKING POINT

YOU ARE ONLY AS GOOD AS YOUR WEAKEST MOMENT

YUP I SAID WEAKEST

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Re: Am I fooling myself?

Posted by silentbattle - 11 Mar 2010 16:08

I think that what you're describing is normal. Like Guard said, many people find GYE and suddenly are able to do far more than they ever dreamed possible, despite the drives that they have! So enjoy this time, live life, grow, work on figuring yourself out!

And of course - rock on!

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Re: Am I fooling myself?

Posted by DesperateJew - 11 Mar 2010 19:00

Thank you all! I wanted to ['quote'] each one of you as I read your post and thank you individually but this'll have to do.

I guess I should thank the ribono shel olam for finally allowing this challenge to change from my life's battle and become a stepping stool to my life's battle.

23 and counting!

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Re: Am I fooling myself?

Posted by silentbattle - 12 Mar 2010 19:25

I like that perspective!

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