

Questions

Posted by Pinchas - 11 Apr 2013 21:35

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I have read through the big book, GYE handbook, and the GYE Attitude book and I believe what they are saying is completely true and necessary for me to break free. However, one thing is bothering me which I feel as though it is an impediment for me moving forward. This impediment is namely that the way in which, I think, the 12 steps want us to do ????? sounds awfully Christian. My understanding of Jewish ????? is guilt, regret verbally, and then a promise that you will never do it again. Now I know that this method, i.e. the Jewish method, would not work for me to overcome this lust. However the 12 steps tell us to surrender completely to God and that He will do whatever is correct by Him. This is also the same way that Christians convert to Christianity, I think. I always thought that they converted through accepting ???? as there lord and savior and bam that was it. And they have the idea of confession which sounds similar to what we do when we slip and especially when we start the program. So while I want to give myself up completely to Hashem this issue is bothering me.

Additionally, we speak about how Hashem gave us free will so that we can break free or continue digging ourselves deeper but its up to us, and we also teach that we need to surrender to Hashem. But when we surrender to Hashem we are giving up our free will?! If we are surrendering it means we are giving up any hope of doing it ourselves meaning we do not stand a chance without him implying we do not have free will.....but that is impossible we must have free will. So I am asking is the object of surrendering to Hashem to get ourselves to allow Hashem to replace my old porn or lusting free will with His version of free will, and that is my only ability to act in terms of free will? As in I can only have free will in terms of the choice of who to hand my free will to? But after that I am putting my "free will" up for grabs for whichever "master" I choose?

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Re: Questions

Posted by tehillimzugger - 11 Apr 2013 21:45

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Rabbi Twerski has written a lot on this subject, Rabbi Shais Taub wrote a book on addiction, and this topic has been TOTALLY exhausted here on GYE.

See this article at [aish over here](#).

See [this comprehensive article by Retorno over here](#).

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Re: Questions

Posted by Pinchas - 14 Apr 2013 08:11

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whats rabbi taubs book?

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Re: Questions

Posted by inastruggle - 20 Apr 2013 00:18

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[www.amazon.com/God-Our-Understanding-Spirituality-Addiction/dp/1602801533/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1366402835&sr=1-1&keywords=god+of+our+understanding+jewish+spirituality+and+recovery+from+addiction](http://www.amazon.com/God-Our-Understanding-Spirituality-Addiction/dp/1602801533/ref=sr_1_1?s=books&ie=UTF8&qid=1366402835&sr=1-1&keywords=god+of+our+understanding+jewish+spirituality+and+recovery+from+addiction)

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