

#2 accepting that we need help

Posted by mnman415 - 03 Oct 2010 17:24

i think that this step is also pretty strait foward, yet, still just as important as everything else.

summary: we need to really understand that we need help. its key because if we dont accept that, then we see everything annd say oh, thats not for me. even marriage wont solve it. its something that we need help to fix.

its perfect that its number 2, cus its a continuation of step 1. 1st we need to understand that its a big deal, and now that we know that, we need to understand that we cant fix it by ourselves, we need help.

comments questions?

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Re: #2 accepting that we need help

Posted by mnman415 - 03 Oct 2010 20:56

btw, for all the "GUESTS" out there. this step is speaking to "YOU" all of you must accept that you need help and sign up and participate in the forum and make posts

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Re: #2 accepting that we need help

Posted by Shteeble - 04 Oct 2010 01:09

2. Accepting that we need help

Here's my abridged version.

We need to accept that we have a problem and that we

need help.

YOU WILL ONLY BE SAVED IF YOU ADMIT YOU ARE AN ADDICT!

I know it hurts. It hurt and it hurts me too. Yes, I am an addict. Yes me, the father, husband, Talmid Chacham and neighborhood Askan, is an addict.

It still hurts me to write you these words. But we must admit it in order to be helped.

If you want to

keep on riding on the Teshuvah/Nefilla roller-coaster, be my guest. But you will just continue making more addictive behavior neuron pathways in your brain, which only get harder to reverse.

Some people are willing to “say” they have an addiction, but coming to terms with what that really means, and acting like they really are ill and need help, is another matter.

we are ready to accept our problem and begin to live in the solution, by exploring the methods that really work.

It will almost never help to simply try “harder” to fight the Yetzer Hara, to learn more mussar, or make ever more resolutions.

With addictions, there are methods that don’t work, and then there are tried-and-proven methods that do work. The steps that work are outlined in

the GuardYourEyes Handbook. There we will learn that it is possible to break free, no matter how

far the addiction has advanced.

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Re: #2 accepting that we need help
Posted by Shteeble - 04 Oct 2010 01:12

Questions anyone?

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Re: #2 accepting that we need help
Posted by mnman415 - 04 Oct 2010 01:14

well said world. well said

and again this step is key to understand and to really beleive before going on the the next one

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