

ATTITUDE #4 Hitting Bottom While Still On Top

Posted by Shteeble - 04 Oct 2010 01:25

4. Hitting bottom while still on top

Often a person is not truly ready to admit they have a problem, seek help and be willing to make real changes in their lives unless they have "hit bottom" first. "Hitting bottom" means that one's life

has truly become unmanageable. This can come about through the realization that they are unable to lead a normal marriage, hold a job, or if they stand to lose their entire self respect and honor.

However, one of the goals of the GYE community is to help people "Hit bottom while still on top." What that means, is that we try to get those who find themselves still in the early stages of addiction to understand the nature of the addiction and where it will ultimately lead them. Once a

person sees that they have this illness, regardless of the degree to which it may have progressed,

they can learn where the addiction will ultimately lead them from those who have already "Hit Bottom." By doing this, we are essentially "lifting the bottom" for these newcomers to hit, while they are still on top and their lives remain intact. They need not lose their marriages, jobs and respect. They can learn from those who already have, and recognize the direction they are heading and seek help. (See Page 22-24 of the 12 Steps & 12 Traditions for more on this important idea).

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by Shteeble - 04 Oct 2010 01:29

4. Hitting bottom while still on top

my abridged version:

Often a person is not truly ready to admit they have a problem, seek help and be willing to make real changes in their lives unless they have “hit bottom” first. “Hitting bottom” means that one’s life

has truly become unmanageable.

This can come about through the realization that they are

unable to lead a normal marriage, hold a job, or if they stand to lose their entire self respect and honor.

However, one of the goals of the GYE community is to help people “Hit bottom while still on

top.” What that means, is that we try to get those who find themselves still in the early stages of

addiction to understand the nature of the addiction and where it will ultimately lead them, so that they don't have to wait until there lives are messed up in order to start the fixing process.

(See Page 22-24 of the 12 Steps & 12 Traditions for more on this

important idea).

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by Shteeble - 04 Oct 2010 01:33

Okay, so how do we put this into practice?

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by mnman415 - 05 Oct 2010 03:30

well for those of us who arnt married. this is just an addiction with whatever side damage it does. when i see stories about marriges almost ending, it tells me that im not far away from being ready to get married, and this needs to be fixed before i get married and before i mess up my life

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 05 Oct 2010 08:22

okay so basically the lesson is we realize that if we don't fix the problem now, we risk facing major difficulties in life. This should cause us to HIT BOTTOM, which means realize that there's no alternative, and.... I MUST FIX THIS PROBLEM RIGHT NOW. I HAD ENOUGH. I MUST MUST MUST FOCUS AHHHLLLLLLLL MY ENERGIES ON THIS RIGHHHHTTTT NOWWWWWW.

After all, that's what I think hitting bottom means.

So now the question is once we have this mindset, what should we do differently than we are doing now? i.e. should we spend the whole day on this website? Should we move to a deserted island? Should we walk around wearing Guard's hat?

(Guard were do you get that hat anyway?)

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by mnman415 - 06 Oct 2010 01:40

well in my humble opinion. now that i have hhit rock bottom (while im still on top) and once ive truly acheived this step. my goal isnt to sit the entire day covered and hidden from the outside. the goal is to back to living a normal life WITHOUT being affected by my aaddiction. in my opinion, this step is not an active step to the point that it directly changes my behaviors.

many of us have had many thoughts and feelings of depression, i know that i have. i think that this step is the equivilant to it. except a productive. this step is the realisation of knowing that i reallyy need to change, and i need to change now!

does this make sense?

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 06 Oct 2010 02:08

Okay soldier, what you said is good.

Also, I reread the attitude at the top.

It seems that there's this big door we have to go through.

The door has a sign. It says I ADMIT I HAVE A PROBLEM.

Now for some people this door is locked and they can't exactly get through the door... they can't admit they have a problem....

That's where attitude #4 comes to the rescue. It is the key that will unlock the door for these individuals.

The key hangs from a keychain. The keychain reads I HIT ROCK BOTTOM.

The individual's life was so out of control that he finally hit rock bottom.

At that point, Guard came and handed him this key which allowed him to enter through the door.

Then along came Dov. Dov said, "Hey! Why not give a guy the key BEFORE his life spins out of control?"

At which point Yosef Hatzadik said, "But what will the keychain say if he didn't hit rock bottom?"

Someone holding an ice cream cone was standing nearby. You could tell he was deep in thought. Suddenly, he sprang to his feet.... GEVALLTTTTTT!!! The keychain should say KEEP ON TRUCKING!!!

Guard, Dov, and Yosef Hatzadik all turned to look at Bardichev....

Guard liked the idea, but since his hat was covering his ears, what he actually heard was "The keychain should say 'I HIT BOTTOM WHILE STILL ON TOP.'"

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by mnman415 - 06 Oct 2010 02:11

that is beautiful!

so basically this step it a back door for those who couldnt admit this problem in the last step?

and your story is perfect. ;D ;D ;D ;D

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 06 Oct 2010 02:13

THAT'S RIGHT!

AND THANKS.

keep it up.

so far it's just you and me.

I saw one of your posts that was suggesting for the chevra to come join us here.

That would be great.

keep on trucking!

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 06 Oct 2010 02:16

[world wrote on 06 Oct 2010 02:08:](#)

Guard liked the idea, but since his hat was covering his ears, what he actually heard was "The keychain should say 'I HIT BOTTOM WHILE STILL ON TOP.'"

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by mnman415 - 06 Oct 2010 02:19

ya we need a group, right now we brought this board back to life, but its not completly healthy
Don't look at me funny. It's a thick hat.
yet, it needs more inhabitants.

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by ZemirosShabbos - 06 Oct 2010 04:38

loved that little skit with the key and the door, keep those coming

maybe you could make a drama out of the handbook for those of us who only read jokes and

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 06 Oct 2010 09:55

Thank you Zemiros!

Happy that you joined us here!

Feel free to join the attitude crew!

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Yosef Hatzadik - 06 Oct 2010 18:21

[world wrote on 06 Oct 2010 02:08:](#)

Guard, Dov, and Yosef Hatzadik all turned to look at Bardichev....

YOU HAVE SOME CHUTZPA!!!!

YOU DESERVE TO BE PLACED IN *CHEREM*!!!

HOW DARE YOU DO SOMETHING DISGUSTING LIKE THIS???

This borders on blasphemy!!!

Where do you get the nerve to place my name in the same sentence as the GREATEST GEDOLIM IN THE GANTZE GAURDYOUREYES KEHILLA???

These people are Hashem's best friends! They are among the holiest in the whole entire WORLD!

They are holy themselves & are only here to share their holiness with others! (I am still stuck in the mud :-[) Please include me in your prayers.

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by ZemirosShabbos - 06 Oct 2010 18:29

objection, your honor

Yosef Hatzadik is certified as being Hashem's best friend, whether he admits it or not, it is a
(val yedder yid iz bei deer a ben yachid)

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