

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 bardichev - 06 Oct 2010 20:12

if you chevra like skits

read this short story i wrote it a year ago its really great

<http://www.guardyoureyes.org/forum/index.php?topic=1120.0>

enjoy

its better than binah bunch and mishpoocha

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by ZemirosShabbos - 06 Oct 2010 20:20

thanks ~~Bards~~ Khalid, i actually read that whole thread and it is a masterpiece! i think you could

it was so great, i think i will read it again

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by bardichev - 06 Oct 2010 20:44

HEH HEH

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by ZemirosShabbos - 06 Oct 2010 21:56

i'm at part 25

gonna stop for now

it's a real page-turner

if anyone did not read it is highly recommended

thanks again Reb Bards

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Yosef Hatzadik - 06 Oct 2010 21:58

It is addictive!

We will turn into **Bardichevoholics**, *chas v'sholom!*

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Re: ATTITUDE #4 Hitting Bottom While Still On Top
Posted by Shteeble - 06 Oct 2010 22:14

Rabosai, this is Attitude #4 discussion thread.

Please don't hijack it.

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by mnman415 - 07 Oct 2010 01:23

yay! its more than just me and world now!

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by Shteeble - 07 Oct 2010 01:50

yeah.

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by ZemirosShabbos - 07 Oct 2010 04:31

sorry for the hijacking, you are right

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Re: ATTITUDE #4 Hitting Bottom While Still On Top

Posted by Yosef Hatzadik - 07 Oct 2010 19:30

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Me, you, and a bunch of hijackers.

we apologize too.

(Shall we turn this into a **Apology Thread** now?) ;D

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