

How to get started

Posted by 14 - 07 Sep 2010 08:58

I've been told by many to give the 12 steps a try, I have now reluctantly agreed.

The thing is, I don't ANYthing about them!(except that they are 12) If anyone would be so kind as to jot down some tips, links to helpfull information on this site aswell as others, and some basics like where, how and with what, do I start-I would really appreciate it, thanx.

Is there a book or booklet to read?

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Re: How to get started

Posted by the.guard - 09 Dec 2010 13:48

there's some good stuff here: www.guardureyes.com/GUE/12Steps/12Steps.asp

Also, read Tool #14 of the GYE handbook for a good overview of what is the STRENGTH of this program.

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Re: How to get started

Posted by DovInIsrael - 01 Feb 2011 16:35

hi -

come join us, TONIGHT, TUESDAY

11:30 pacific

2:30 eastern

9:30 israel

Everything you never wanted to learn about the 12-steps and more.

This is definitely the off the beaten path.. the hitch-hikers guide to sobriety.

Why we do the things we do - and how to stop!

1-760-569-6000

code: 121318#

Dov in Israel

looking forward to seeing you.

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Re: How to get started

Posted by Blind Beggar - 11 Mar 2011 07:46

I want to start the first step soon (when my sponsor says to).

Am I a Lustaholic? Yes! Am I Powerless? Yes, yes!

Is my life unmanageable?? I don't know. ??? :-\ ??? :-\

I don't follow women in the street and I don't try to score with other women or prostitutes. I *would* watch porn until 3 in the morning but K9 controls that. I think about pretty girls when normal people think about Gaddafi and used to spend 5-10 minutes m*****ing before I go to sleep.

So where is my life unmanageable?

I won't eat cholov stam or miss Lab Beomer in Meron for anything but I lust after women - so I have a double life, but if it wasn't ossur it wouldn't bother me at all.

HOW DO YOU DEFINE UNMANAGEABLE?

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Re: How to get started

Posted by DovInIsrael - 14 Mar 2011 14:01

unmanageable :

1. are you able to focus on anything other than your lusting and using others for your personal pleasures

2. stop - take a look where you are NOW! and then think back to where you were 6 months ago..anything different?

Addictions are defined as: An act or substance which causes a progressive degeneration of the mind.

In other words, one needs a more intense thrill to gain the same level of pleasure.

3. are you accomplishing more or less at work, learning, etc - than you were 1 year ago

4. On a really bad day, when you are filled with RID (restlessness, irritability, and discontent) - do you find yourself thinking about fat, overweight, hairy eskimo women, with breathe which smells like dead fish, enough to scare the walrus's away?

(OK - #4 was optional.)

bottom line - you are the only one who can decide your life is unmanageable..and you are the only one who can Change...for the good, or for the worse.

are you willing to go in to the mikveh and drop your sheretz...or do you want to tovel while holding the sheretz.

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