

DC's call: Step 10

Posted by Ineedhelp!! - 28 Dec 2009 21:57

I have volunteered to write out today's call. It is not going to be perfect but its what I have. There werent many people on the call so I hope this helps!

We started on page 84 in the Big Book with the paragraph: "This Thought brings us..."

The 10th step is to take a continuing personal inventory. I think this step is how we continue to keep lust out of our minds and bodies. Throughout the process we have learned how to deal with our RID in the past, but we never learned how to deal with RID that comes up on a daily basis. This is something I struggled with and now have an opportunity to heal myself of RID rather than medicate it with lust. The Big Book points out that we need "to grow in understanding and effectiveness". Life isnt about comfort, its about growth. Effectiveness is being a giver not a taker. We need to understand people's situations. Give them the benefit of the doubt. If you're standing in line and the guy behind keeps bumping into you and you turn around and you just want to smack in the face then you realize he's crippled. Understand that people all around us have RID just like we do and they medicate it in an unhealthy way as well.

There are 5 parts to step 10: 1) continue to watch for selfishness, dishonesty, resentment, and fear. 2) When we get one of these 4 things, we need to ask Hashem to romove them. As soon as we recognize that we have it, the next word that should be out of our mouth is: "God,___". 3) Discuss the selfishness, dishonesty, resentment, and fear with someone (i.e a sponsor or even a fellow addict) 4) Make amends if we have harmed anyone. 5) Go and help someone. Make yourself of service to the world.

Then we have the promises. 1) we dont fight lust anymore 2) We will have our sanity. 3) It will minimize our interest in lust. The author doesnt say completely get rid of lust because back to step 1. 4) If there's lust we will react in an extreme way. 5) But we will still react in a normal way (dont ask the difference because I asked DC and he didnt really know and frankly its not so important). 6) This happens automatically 7) This is all happening without effort on our part 8) Dont fight lust 9)Dont avoid the temptation of lust 10) Were in a position of neutrality....I have to go now. Ill continue later.

-Yiddle

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Re: DC's call: Step 10

Posted by Kedusha - 28 Dec 2009 23:20

Shkoyach!!

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