

Question about Residential program

Posted by MayEight - 15 May 2011 16:47

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Hello.

My name is Daniel, and I am addicted to sexual arousal, alcohol, and cannabis.

I am an addict, and have been for a long time.

I am what you might call a re-beginner.

I had done some recovery work several years ago,

but let it lapse due to over-confidence.

Since then, I have also become more actively addicted to substances.

I am considering entering a residential program,

specifically, "Torah and the Twelve Steps" in Florida,

headed up by Rabbi Israel Burns.

I would like to know if anyone has been through this program,

or if they know anyone who has.

This would be a large investment for me,

and I want to make a good decision about it,

and not just out of desperation.

Thank you.

Daniel.

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Re: Question about Residential program

Posted by Dov - 15 May 2011 21:27

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When you say you were in recovery in the past, do you mean meetings, a sponsor, and the steps, or do you mean something else?

If you have done any regular meetings and steps with a sponsor, then have you re-tried any regular 12 step programs yet? Why would you go to a treatment facility without re-trying regular meetings, a sponsor, and the steps first? And if you never tried it, then I'd need to understand your circumstances better before saying anything that sounded like 'advice', you understand.

Please let me know and I really do wish you all the best no matter what you decide you need.

Respectfully,

Dov

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Re: Question about Residential program

Posted by MayEight - 15 May 2011 23:57

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Dov,

I used to go to an SAA group.

I did that very regularly.

I did have a sponsor, one of the few members of the small group with any substantial sobriety.

Then he went on a month-long binge, and I couldn't get ahold of him...

That was one reason I stopped going to the group.

That, and I was tired of listening to everyone else

talk about how they slipped that week, it seemed.

The added dimension of long-time same-sex attraction

and depression and self-hatred and hopelessness around that,

and the complication of communication with other members

have not helped.

I spent \$20,000 over 8 years addressing that,

and it seems that the addiction just kept undoing any gains I had made.

I am 45, I am alone, I have wasted enough of my life in addiction.

That's probably self-pity.

(which is typical of same-sex attraction affected persons - look it up).

I really would like to get into something

which could move me forward faster than

'one day at a time',

though I know that's how it's supposed to work.

I have recently started going to AA meetings,

as substance abuse has become more and more mixed in

with the sexual arousal addiction, and as addictions of their own.

Sometimes I have waves of self-hatred and hopelessness

and self-destructive thoughts.

The pot and drinking have kept those at bay,

but I'm finding it welling up more

now that I'm staying sober

(well, 24 hrs sober).

I hope that helps make things clearer.

Thanks.

Daniel.

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Re: Question about Residential program

Posted by Reb Yid - 16 May 2011 02:20

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Hey Daniel!

You are way out of my league.

I can offer no advice other than to do whatever Dov suggests.

I will keep you in my prayers.

Hatzlocha!!!

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Re: Question about Residential program  
Posted by MayEight - 16 May 2011 21:44

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Anyone?

Does anyone know anyone who has been through the  
Torah Twelve Steps program in Florida?

Their banner is on the GYE website.

Thank you.

Daniel.

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Re: Question about Residential program  
Posted by Reb Yid - 16 May 2011 21:47

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Maybe send an email to the admin. of GYE. Maybe send a personal email to "Guard"? If it's on the web site as a banner, he would know about it.

Hatzlocha!!

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Re: Question about Residential program  
Posted by MayEight - 17 May 2011 03:47

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How do you email the admin?

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Re: Question about Residential program

Posted by Dov - 17 May 2011 10:34

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PM guard.

In the meantime, MayEight, can you go to SA meetings there? I have a close recovery friend in FL. PM me and we'll talk about it, OK?

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Re: Question about Residential program

Posted by Kedusha - 17 May 2011 17:02

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FYI, Guard is in America for about another week, and will have limited access to e-mail.

Hatzlacha!

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