

Help! I've fallen (again) .. Brother, help me get out!

Posted by DovInIsrael - 23 Oct 2011 17:17

yasher koach for reaching out!

thanks!

ever feel like that - you slip, you fall.. and wonder how you got into this mess in the first place?

back, by popular demand: The Mind, Body, and Spirit equation.

More than just another 12-step program (its more like a supplemental launch)

LEARN:

- what triggers you, and how to unplug those triggers.
- why we slip after completing a 12-step program
- recovery and the harmful fumes of a toxic relationship
- where is all that buzzing in your head coming from
- cycles of recovery, and what to do when you are spinning out of control
- why we do dumb stuff - like formally saying Good-bye to "friends" at our favorite p*rn station/magazine, etc.
- and why you have this sinking feeling that the p*rn is killing you.. and what to do about it BEFORE it does!

and a bunch of other psycho-techno-mind-baffling power-packed mumbo-jumbo to help clear your brain of the poison.. and fill you up with some more of the good stuff!

WHEN: Tues (12 est, 6 pm Israel - until the US changes their clocks)

TEL: 1-760-569-6000

Access Code: 121318#

Anything else:

Email me - so I can reserve spot for you, and get you the materials (dovinisrael@gmail.com)

Anything else, else?

Remember to *SMILE* it annoys the Y"H, and gives you the upper hand !!

dov in israel (not to be confused with the original [daily dose of] Dov)

aka. dov.ii

ps. feel free to post to this thread.

Pss. btw - psycho-mumbo-jumbo aside. This is really not a joke, its serious. If you don't believe me, ask Mr C* - who was recently arrested, convicted and thrown in jail because his sexual misconducts got the best of him!

in this case:

Experience is NOT the best teacher!

OTHER PEOPLE'S experience is the BEST teacher !

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Re: Help! I've fallen (again) .. Brother, help me get out!

Posted by DovInIsrael - 23 Oct 2011 23:27

someone posted this on Linked in - thought it was worth sharing:

WHEN SOMETHING IS NOT WORKING...

rather than blame or criticize, try this Affirmation:

I'M RELEASING THE PATTERN THAT IS WITHIN ME THAT CREATED THIS SITUATION!

(it creates an awareness of UR part in it)

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Re: Help! I've fallen (again) .. Brother, help me get out!

Posted by DovInIsrael - 24 Oct 2011 12:04

PLEASE NOTE THE CORRECTION IN THE TIME:

Tues

2:30-3:30 Eastern time (8:30 - 9:30 israel time)

1-760-569-6000

access: 121318#

guardyoureyes.com/live/component/zoo/item/recovery-on-the-right-side-of-the-brain

sorry about the error

dov.ii

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 24 Oct 2011 13:15

maybe

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 24 Oct 2011 16:17

first 6 months are FREE!

only thing you have to lose is your chains of addiction

like they say : its Change or CHAINS!

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 24 Oct 2011 19:14

At the end of six months your going to charge?

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 25 Oct 2011 09:12

oh yea - sure!

charge - and give up my z'chus as a sponsor.. and my position as a 12th stepper!

forget it !

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 25 Oct 2011 09:51

i posted this on another thread - wanted to remember what I said:

on a different topic, there is also known as PAWS (post-acute withdrawal syndrome)

"many of the problems associated with early sobriety do not stem directly from [the substance or actions which caused the addiction]. Instead they are associated with the physical and psychological changes that occur after the [the substance or actions] have left our bodies. "

briefly - our brains get used to the substance or set of actions, and responds accordingly

when we remove these substances or set of actions, our brain, like a little child having a temper tantrum, DEMANDS more of what it has gotten used too...and in a sense CREATES more stressful situation which cause us to act etc.

(btw - this is why 90 days is a great starting process towards recovery)

recovery causes a LOT of stress on the body and mind. our ability to deal with it depends on our willingness to take care of ourselves and maintain a healthy physical, emotional and spiritual lifestyle.

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 25 Oct 2011 11:49

Where is your thread?

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 25 Oct 2011 16:02

not any one specific place - I think I posted the above as a response to Dov on another thread somewhere in the GYE universe.

I just kind of post all over.

i guess its an addictive thing - hard to keep my thoughts focused in one place.

but as they say - its about Progress, not Perfection!

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 26 Oct 2011 02:51

Whats your story?

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 26 Oct 2011 07:12

too bad you were not on the Tues call last night - I gave over the whole story.

join us, next week.

lots of good stuff to learn on teh road to recovery

dov.ii

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by DovInIsrael - 26 Oct 2011 07:31

summary:

in addition to my story, we spoke about AWARENESS:

Any kind of healing or recovery requires an awareness.

Where am I?

How did I get here?

Where do I want to go from here?

Recovery is about PROGRESS not about PERFECTION.

but the YH also knows this, too - and thus it takes 10 steps before a person falls. YH works on us little by little.

draws us closer and closer to the edge - until he reaches out and PUSHES us over!

focus on the successes - not the failures

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 26 Oct 2011 08:35

I forgot about it.

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Re: Help! I've fallen (again) .. Brother, help me get out!
Posted by wishing for the real me - 27 Oct 2011 16:24

Are you looking to be a sponsor?

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