

first time and in some shame

Posted by snapping - 13 Jul 2013 04:46

Hi, I actually cant believe I signed up for this but I am giving it a try. I have tried all my life to stop on my own but I just keep being stuck in the same pattern of: empty, thoughts, desire, fight, slip, regret and repeat. I also attend regular NA meetings so i know about the 12 steps and plan on using the same wisdom for this. One thing i do want is advice and wisdom from those who have surrendered to this sickness and found a loving personal higher power. Or any tips and advice from anyone no matter where you are in recovery or not.

=====

=====

Re: first time and in some shame

Posted by Pidaini - 13 Jul 2013 23:23

Welcome to the clan!!!

What have yo tried until now to stop? Have you read the GYE Handbook? It's a great place to start!!

Hatzlacha Rabbah

We're all with you!!

=====

=====

Re: first time and in some shame

Posted by cordnoy - 14 Jul 2013 06:43

Welcome to the club

May Hashem be with you

I'm on my third decision to stop in the past 6 months (in 30 years I have decided here and there as well)

After several days of this last time, I came here

With these boys.....this will be my lqst time iy"H

=====
=====

Re: first time and in some shame
Posted by skeptical - 14 Jul 2013 06:47

Let go of the past, forget the future, live the present.

=====
=====

Re: first time and in some shame
Posted by gibbor120 - 15 Jul 2013 21:45

Welcome snapping! You have definitely come to the right place. The only thing you forgot in the-
. yes, we know that cycle well. You say
that you are already attend 12 step meetings. The same principles apply to SA.

You may want to read "dov quotes" (you can click the link in my signature.) He's been sober for over 16 (I think) years now, and is very knowledgeable about the 12 steps. There are also some big book study groups on the phone. You can find them under "tools" --> "phone conferences".

Hatzlacha on your journey!

=====
=====

Re: first time and in some shame

Posted by AlexEliezer - 17 Jul 2013 02:03

[snaping wrote:](#)

empty, thoughts, desire, fight, slip, regret and repeat....any tips and advice from anyone no matter where you are in recovery or not.

The underlined stuff. Need to work on that.

You know from NA that recovery can only happen if you're not taking the drugs. That's not even a step.

Same here. No drug. The key is to intercept the thoughts early, before they fill you with desire. What works for me is tefilla, surrendering the thoughts to Hashem, along with my lust and my right to lust. It's also important not to be taking little (or big) sips with my eyes. So very strict shmiras eynayim is also critical in being drug free.

That should kickstart your recovery.

=====
=====