

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

I am glad to be here. I have been hesitant to write an introduction share, because I really didn't know what I wanted to write (and I still don't). I have a hard time writing or saying anything, unless I think it will somehow be impressive or show off my deep insight into matters, LOL. I'm glad that I have at least reached a point where I can laugh at myself. I was at the store a couple weeks ago and after I finished shopping I opened the hatch door on my minivan to load up my stuff and ended up sitting down on my bumper and just laughing at myself. I had met this young man at AA meetings, who in addition to being an addict was dealing with obvious mental issues. His behaviors were often inappropriate to the setting. He was fidgeting, talking out, commenting during shares etc. (He started hitting piano keys in a meeting.) Every time he did or said anything it was extremely funny because it was so ridiculous. It was obvious he couldn't control himself and I wasn't laughing at him to make fun, it was just so ridiculous. I started to realize that I am just as ridiculous as this kid. I was for the first time in my life able to step outside of myself and just look at my condition. Just as this young man's condition was no laughing matter, neither is mine and yet somehow I think I was having a break through at that moment. I felt that if I could make it through that day, I could make it through any day.

An observation I have made about myself, since I have been here, is that a check mark on the 90 chart is a more effective deterrent or incentive to me than the other extremely severe consequences my addiction can lead to. This is often the way of the compulsive addictive mind. Completely ridiculous.

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Re: Glad to be here

Posted by humble - 16 Aug 2015 03:37

WOW MAZAL TOV!!!!!!!!!!!!!! main thing is whatever works for you.....works. something i need to keep in mind and not be pressured by others to do things their way, there is no one size fits all to dealing with this problem.

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Re: Glad to be here

Posted by cordnoy - 16 Aug 2015 10:30

[serenity wrote:](#)

300 Cumulative days today. I fine that feature of the 90 day chart works for me.

Yes, I have advocated that the accumulated number should be featured as well.

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Re: Glad to be here

Posted by serenity - 17 Aug 2015 00:12

My ego is preventing me from erasing this comment before I submit it. Instead of erasing it, I'm going to hide it in a spoiler. I'm in an irritable mood and just wanted to vent a bit, so don't click on the spoiler unless you want to hear my negativity.

Warning: Spoiler!

My comment aside, there is a valuable lesson for recovery here. It's pretty hard not to click on the spoiler, especially when I warn you not to. It's that similar negative approach to sobriety that just doesn't seem to help much of anyone.

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Re: Glad to be here

Posted by Bigmoish - 17 Aug 2015 02:24

I clicked "thank you," but my gut reaction is really "I hate you."

The truth hurts.

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Re: Glad to be here

Posted by serenity - 17 Aug 2015 02:30

. And as long as my Karma doesn't do down you're safe

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Re: Glad to be here

Posted by stillgoing - 17 Aug 2015 21:11

Woow!

Karma Down?

No way!

Karma up

Is what I say!

Bigmoish

The truth hurts.

I wouldn't say that it hurts, because hidden in there he gave a way out of going to meetings - another excuse, I can just say that I'm not addicted. There may not be an easy way out, but then there seems to be no way out, which can work just fine for someone-addicted woops, I just said that I'm not addicted. I guess I echo BigMoish's words, "The truth hurts"

Warning: Spoiler!

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Re: Glad to be here

Posted by serenity - 20 Aug 2015 04:18

Highly recommended to listen to this recording of Shais Taub. Dial 209-255-1099 access code 637207# recording number 15. Or you can listen to it here

guardyoureyes.com/GYEFiles/MP3s/Rabbi%20Shais%20Taub%20-%20Obsessions%20of%20t

[he%20Mind.mp3](#)

Other recordings of Duvid Chaim guest speakers here:

guardyoureyes.com/dc-guest-speakers/category/guest-speakers

There was so much amazing stuff on the tape that it pays to listen to. One thing he talked about is what the disease is based on the Dr. Opinion in AA.

1. Allergy if the body, AND
2. Obsession of the mind

Case 1. Allergy of the body: The last time he was at kiddush he ended up passed out in his own vomit. He doesn't understand why, he never intended to get drunk. It happens a few times that he starts with a little alcohol and ends up really drunk. he realizes he doesn't handle alcohol well, he doesn't know how it will end up, so he stops.

Case 2. Obsession of the mind: Guy rallies up everybody at work to go to the bar after the work day. He spends all day planning it. They get together they go to the bar. He orders a beer and two shots and then he goes home. He has an obsession. He thought about it all day. But, he doesn't have an allergy. He was able to take a few drinks and then go home and that is usual for him.

Case one and two are not alcoholics.

Case 3. The alcoholic has both: When he starts drinking, he doesn't know where it will end. He also has the obsession of the mind. He can't handle it, but he has this great obsession that he can handle it.

Translate this to sexaholism:

What is the allergy of the body and what is the obsession of the mind?

Allergy: The first drink activates the phenomenon of craving. The goal of the steps is that the obsession is lifted. The allergy is still there though. It's only activated with the first drink. The first drink is lust. Lust is not the normal reflexive action to noticing something interesting. The recovered sexaholic looks and has a natural reaction and then says I can't have that and moves on. I'm allergic to that. Before recovery the person says, I'm not allergic. I can handle that. I can start lusting. It will be okay. It will only be once. It's a deliberate action that comes a second later after the natural reflexive action.

The recovered sexaholic exercised free choice not to start lusting.

In the Q & A a guy asks, I'm in SA 10 years and I worked the steps, how come I can't stay sober.

He answers that possible the steps weren't worked correctly or possibly the person doesn't correctly recognize the first lust drink. The allergy never leaves, so if he has that first drink it will cause the phenomenon or craving. He knows that he can't take the first lust drink, but doesn't know that he's doing it. The obvious case is where a guy looks at illicit material. We say to him come on, really? But less obvious is when we disrespect our wives. When we objectify our wives that's lust. That can start the phenomenon of craving. I'm sure there are many other examples and "to thy own self be true"

He also has a shpiel on white knuckling, which btw anything less than thoroughly working the steps, if your an addict, is white knuckling according to Shais. Going to meetings, making calls, fellowship, reading his book etc. is all how to white knuckle. Until we have a spiritual awakening we are white knuckling, if we are addicts.

Listen to the tape!

hatzlacha!

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Re: Glad to be here

Posted by stillgoing - 20 Aug 2015 17:56

Thanks for sharing on Cordnoys call today. Your perseverance is an inspiration to (probably everyone, but I can only talk for)me.

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Re: Glad to be here

Posted by serenity - 21 Aug 2015 02:04

As Bill Sees It

44

Daily Acceptance

"Too much of my life has been spent in dwelling upon the faults of others. This is a most subtle and perverse form of self-satisfaction, which permits us to remain comfortably unaware of our own defects. Too often we are heard to say, `If it weren't for him (or her), how happy I'd be!'"

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Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This

is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives.

Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be sure foundation upon which increased emotional health and therefore spiritual progress can be built.

1. LETTER, 1966

2. GRAPEVINE, MARCH 1962

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Re: Glad to be here
Posted by serenity - 21 Aug 2015 02:06

As Bill Sees It

176

Domination and Demand

The primary fact that we fail to recognize is our total inability to form a true partnership with another human being. Our egomania digs two disastrous pitfalls. Either we insist upon dominating the people

we know, or we depend upon them far too much.

If we lean too heavily on people, they will sooner or later fail us,
for they are human, too, and cannot possibly meet our insecurity
grows and festers.

When we habitually try to manipulate others to our own willful
desires, they revolt, and resist us heavily. Then we develop hurt
feelings, a sense of persecution, and a desire to retaliate.

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My dependency meant demand -- a demand for the possession and control
of the people and the conditions surrounding me.

1. TWELVE AND TWELVE, P. 53

2. GRAPEVINE, JANUARY 1958

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Re: Glad to be here
Posted by serenity - 13 Sep 2015 19:44

Every one here has helped me in ways that you cannot imagine. Thank you!

ksiva v'chasima tova !!!!!

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Re: Glad to be here

Posted by serenity - 16 Sep 2015 02:37

Yomtif was fantastic. Felt so good to go into Rosh Hashanah sober.

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Re: Glad to be here

Posted by cordnoy - 16 Sep 2015 03:54

[serenity wrote:](#)

Yomtif was fantastic. Felt so good to go into Rosh Hashanah sober.

B"H

I know the feelin'.

I did that 3 times.

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Re: Glad to be here

Posted by serenity - 18 Sep 2015 00:41

I'm not ascribing great significance to this saying or necessarily agreeing, but I did think it was cute.

"Religion is for people who are afraid to go to hell. Spirituality is for those who have already been there".

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Re: Glad to be here

Posted by cordnoy - 18 Sep 2015 01:27

[serenity wrote:](#)

I'm not ascribing great significance to this saying or necessarily agreeing, but I did think it was cute.

"Religion is for people who are afraid to go to hell. Spirituality is for those who have already been there".

I saw that someplace as well.

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