

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 markz - 02 Feb 2016 23:15

[yidtryingharder wrote on 02 Feb 2016 23:03:](#)

I found your block

Hey Yid - looks like your truck got sidewinded!

Oy!

You need towing??

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Re: Glad to be here

Posted by yidtryingharder - 03 Feb 2016 01:44

No it's just the way I see things crooked

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Re: Glad to be here

Posted by peloni almoni - 08 May 2016 05:45

For the hours and hours that you dedicated to helping others with your posts,

For the devotion that you displayed and taught others by example,

For the nine-o'clock calls, constant encouragement, and personal experiences that you shared,

We express our deepest appreciation and heartfelt gratitude.

We are all better people in part due to you.

Whether you decide to return to the forums as a regular or not,

If ever you chance upon this post, you will know that your presence here had a lasting affect.

And knowing that ... may just make you smile.

Happy mother's day.

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Re: Glad to be here

Posted by cordnoy - 08 May 2016 21:55

[peloni almoni wrote on 08 May 2016 05:45:](#)

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Serenity appreciated this greatly.

Thank you and regards.

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Re: Glad to be here

Posted by serenity - 10 Jun 2016 22:58

Living by the principles of the 12 steps in all our affairs can be a challenge at times. I guess that's why I'm glad we have the 10th step. When I make mistakes it helps me to promptly admit

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Re: Glad to be here

Posted by yiraishamaim - 14 Jun 2016 04:09

First post I have seen from serenity since...

A rush of positive emotion came over me like a breathe of fresh air.

How sorely were you missed

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Re: Glad to be here

Posted by serenity - 24 Jun 2016 22:15

What's the problem and what's the solution? In my experience I was (am) the problem. It wasn't the cell phone, internet, image, person, situation, acting out etc. It became apparent to me, by the chesed of Hashem, that in fact my acting out was my solution and not my problem. Part of my sickness is that I was unable to see that. I was pouring water on a grease fire and couldn't understand why my house was up in flames. After all doesn't water put out fires?

I seem to notice a lot of talk about the problem and little about the solution. Than again that could just by my warped perception. The interesting part is that I don't see a lot of talk about for me what is the real problem.

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Re: Glad to be here

Posted by serenity - 24 Jun 2016 22:49

What I wrote sounds like a bunch of baloney to me. Since it's my thread I'll leave it up there

anyway.

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Re: Glad to be here

Posted by stillgoing - 30 Jun 2016 19:21

[serenity wrote on 15 Dec 2014 09:55:](#)

We had a fruit fly problem in our house and I was going crazy trying to solve it very ineffectively. I hadn't realized how bad it had become, until we noticed a lot of fruit flies just hanging out on our ceiling. So I Googled up some advice. Long story short, I put apple cider vinegar and dish washing liquid into a cup. Having no patience and also thinking that our fruit flies seemed pretty happy to just stay up on the ceiling, I started bringing the cup to them. Lo and behold they pretty much just jumped right into the cup to their death. Until that point I had been trying to spray them or swat them etc and they have a very quick self preservation reaction to get away, but put some apple cider vinegar and they happily jump in. As I'm watching them jump in, I'm thinking isn't this me with my addiction. All my seichel and natural instinct for self preservation and common sense become irrelevant and I just jump right in and drown.

Great post.

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Re: Glad to be here

Posted by serenity - 22 Aug 2016 17:35

One of my favorite thoughts/quotes/sayings/valedictions

"Take care of you."

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Re: Glad to be here

Posted by Markz - 22 Aug 2016 17:42

Glad YOU are here!!!

A favorite Rabbi Avigdor Miller saying was

"??? ?????? ??, ??"

The prestigious lineage of Noach was Noach himself

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Re: Glad to be here

Posted by serenity - 29 Aug 2016 19:34

It seems that one of the biggest underlying themes here is cause and effect. This causes me to do that and that caused me to do this and if I do that I won't do this and what can I do to stop doing that. It sounds like a very tiring ordeal to me. It reminds me that not too long ago and for the 40 plus years prior I was dealing with and fighting with causes and effects. I often stray back into that territory and I need to remind myself that I don't have the strength to deal with it anymore.

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Re: Glad to be here

Posted by Shlomo24 - 30 Aug 2016 04:34

My sponsor is very into that. He says that nothing rationally causes me to lust. My diseased brain says that resorting to lust is a good idea.

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Re: Glad to be here

Posted by yiraishamaim - 30 Aug 2016 09:40

Great stuff! I believe that in sobriety as well any worthwhile long range plan for successful living

you got to break things down to the fundamentals and stay loyal to it. Sure you can study the ideas behind the behavior and there is lots of value to that

But when it comes to **practical application** that is **day to day living**.: Remember this:

KISS Keep It Simple Stupid

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Re: Glad to be here

Posted by serenity - 11 Sep 2016 12:22

Guilt is a bad feeling because I know I did something wrong. For example I feel bad because I went to the casino and lied to my wife about it. Or, I feel bad because I drank 4 shots at the kiddush and told my wife I only had 1. I can feel bad because I think the act was wrong (the lying, the drinking and/or the gambling). I can also feel bad because I feel like I failed which can be ego driven. I can feel sincerely bad I hurt my wife. I can also feel bad because I'm afraid of rejection. I think that maybe when i feel bad after masturbating it's because I now think God will reject me and I will suffer consequences. That may be why I don't want to put on tefillin later. I feel rejected and I'm afraid to face Hashem and receive the consequences. These are self serving motives, I believe and they never helped me to get better, only worse. When father and a son have a close bond and open communication, the son after wronging the father can come to him without fear and shame and seek guidance love and forgiveness. There may be consequences if the son needs them for his well being and there may not be. I used to get angry at my son and punish him all the time. It never helped anything. As I found sobriety from alcohol and eventually from lust our relationship improved and so did his actions and life. What changed in me is that I became there for him for his sake and made a constant effort to separate my ego from our relationship.

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