

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

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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 TalmidChaim - 20 Mar 2015 14:26

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Wow, just wow. I'll say what everyone else basically said: that was an amazing display of humility and commitment to Emet! You're a beacon of inspiration, and that post should be read by everyone on this site as an illustration of what it really means to be in recovery.

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Re: Glad to be here

Posted by Palti-Yossef - 21 Mar 2015 20:16

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This share of yours is just totally insane and prodigious ! What a handsome illustration of emet,

may the tehilim verse "Karov Hachem lekhol koreav, lekhol acher yikraouhou beEMET" come true for you and I'm sure it is already !

You have inspired me tonight thank you very much and go on we are all with you !!!

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Re: Glad to be here

Posted by serenity - 22 Mar 2015 01:19

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Thanks so much for the continued chizuk. The kind words and thoughts that are being conveyed to me here have helped me more than you know.

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Re: Glad to be here

Posted by serenity - 23 Mar 2015 03:30

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These are some of my triggers, I'll put them in a spoiler in case they trigger you as well,

**Warning: Spoiler!**

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Re: Glad to be here  
Posted by TalmidChaim - 23 Mar 2015 14:55

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Those are basically my triggers too. Yep, we're all more similar than we are different. Go figure.

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Re: Glad to be here  
Posted by gibbor120 - 23 Mar 2015 16:23

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Great list, thanks!

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Re: Glad to be here  
Posted by Palti-Yossef - 23 Mar 2015 19:51

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Kind of amazing how we face the same triggers.. I totally recognise myself in those, even if some seem contradictory.

What should we do ?

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Re: Glad to be here  
Posted by serenity - 23 Mar 2015 20:24

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the next right thing

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Re: Glad to be here

Posted by serenity - 26 Mar 2015 03:31

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Not really much to report. No one showed up at the local SA meeting tonight. It's a fairly new meeting and isn't well attended. It may just get cancelled. I went to an AA meeting instead and helped out by picking up the coffee grinds. Why people drink coffee at 9PM is beyond me, but I always end up drinking it as well and then can't get to sleep. I suggested picking up decaf and the coffee guy scowled at me.

I'm stuck in the same spot on step four. It's just hard for me to sit and down and do. I set a goal for just after Pesach to finish it. My sponsor is away until then. I should just get it done already. I wouldn't suggest lingering on step 4 like I have. I think to do so is damaging to recovery, because I'm basically languishing in resentment and stagnating in my step work.

Having a rough financial patch. G-d willing it's only temporary. Lost a substantial sum (substantial to me anyway) to a fraud/theft and we reported it to the police. I'm hoping we are covered by our business insurance or by the bank. Aside from that business is slow. Glad we decided to stay home for Pesach. This loss would have really hit hard, if we were spending money to go away. At least if we are home, we can control our spending better and get family to chip in. I'm trying not to wish evil on the person who stole the money, but it's pretty hard. He's obviously spiritually sick like I am.

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Re: Glad to be here

Posted by newaction - 26 Mar 2015 04:00

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Kol Hakavod for showing to the meeting . One showed up and that was you , Hashem shall give you the same reward and strength to continue your journey.

Sorry about the lost money. I just read a nice quote : "Until he extends his circle of compassion to include all living things, man will not himself find peace."

I guess forgiving the other guy and wishing him well its your only option and a must if you want to achieve serenity.

A big Mazel and Hatzlacha for your son in the coming year . He and his siblings shall give you plenty of nachas .

Be well now serenity Keep on trucking and keep up the good work !

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Re: Glad to be here

Posted by newaction - 26 Mar 2015 04:03

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the quote is from Albert Schweitzer

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Re: Glad to be here

Posted by cordnoy - 26 Mar 2015 13:33

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B"H

I am on the fourth page of step 4.

Perhaps email me with your concerns and struggles.

my chavrusah is fabulous.

[thenewme613@hotmail.com](mailto:thenewme613@hotmail.com)

b'hatzlachah

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Re: Glad to be here

Posted by serenity - 26 Mar 2015 23:22

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I've been working on starting a new AA meeting, where I felt there was a need. I sat there alone for the first 7 or 8 weeks. This week we had three people for the second time and next week we are expecting four and will have 5 regulars at that point. The best part is that all of us, so far, are very enthusiastic about the meeting and its purpose and goals. A nucleus of enthusiastic people is a great start to what will G-d willing continue to be a growing meeting. I'm really happy and upbeat about this and it's greatly helping my sobriety in both programs (SA and AA).

I have to run now. There is an AA speaker from Philadelphia at 8PM.

Hatzlacha!!!

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Re: Glad to be here

Posted by cordnoy - 29 Mar 2015 19:18

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[serenity wrote:](#)

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Hatzlacha!!!

Did you start servin' drinks there?

**Warning: Spoiler!**

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Re: Glad to be here

Posted by serenity - 30 Mar 2015 01:33

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LOL. We serve pizza and all talk about how we should be in OA while we eat it.

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