

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 cordnoy - 06 May 2015 11:56

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[Pidaini wrote:](#)

our job is to not *indulge* in those thoughts, rather to surrender them to Hashem.

the way i understand it at this moment is that we are to surrender *our lives* to Hashem....not really sure what use He would have for the thoughts goin' thru my mind nowadays.

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Re: Glad to be here

Posted by serenity - 06 May 2015 13:18

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Yankel, thanks for sharing. Yes, agree, not to indulge those thoughts. I was also talking about something different though. I was talking about not glancing women in the street with the intent of objectifying them or even just out of curiosity. Curiosity is usually one step away from lust.

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Re: Glad to be here

Posted by shlomo613 - 06 May 2015 14:58

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Hear hear!

Btw, Do you think we only are curious because of lust?

Do we glance at men in the street out of curiosity?

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Re: Glad to be here

Posted by Pidaini - 08 May 2015 11:11

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One of the things that I struggle with is that in order to stay clear of triggers, I cannot look around at all. Now, of course, one of the most common things that I look at is.....

**Warning: Spoiler!**

but I am the observant type and enjoy seeing everything around me.

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Re: Glad to be here

Posted by serenity - 10 May 2015 02:20

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Yes, I glance at men out of curiosity. I'm not sure what came first the curiosity or the lust, but I do glance around a lot at kinds of stuff out of curiosity. Maybe I'm just curious to see if there is a beautiful woman there. Either way, it's not good for me.

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Re: Glad to be here

Posted by shlomo613 - 10 May 2015 15:47

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We've got to get used to keeping our eyes within our own 4 amos.

I'm often very tempted to look. But I know where it leads. And I know why I want to look. It's the yetzer hara trying to get his foot in the door. Long and bitter experience.

I had a hachnosas Sefer Torah to go to recently. And I didn't go to the street part because I knew women will be milling around. The loss is more than the gain.

(Forgive me for sharing something I'm proud of).

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Re: Glad to be here

Posted by shlomo613 - 10 May 2015 15:49

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Well done serenity for your successes to date. Keep up the good work.

Shlomo

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Re: Glad to be here

Posted by shlomo613 - 10 May 2015 21:08

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You're in a good position on the chart serenity. How's it actually going for you?

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Re: Glad to be here

Posted by serenity - 10 May 2015 23:27

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It's going well. When I keep my focus in the moment it's a lot easier for me. I'm also trying to appreciate every day. I definitely have my struggles.

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Re: Glad to be here

Posted by serenity - 12 May 2015 03:45

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I'm at the point where I'm forgetting the pain that my addiction caused me. In the past the pain was what kept me sober for short periods of time. Pain can be a sobering experience. Many people talk about reaching bottom and saying they can't get sober because they haven't reached bottom. What about the person who has by any objective standard reached bottom and lets say he even gets sober. Is there anything assuring that the bottom and pain he reached, will keep him sober? Experience would say absolutely not. Just one example in my AA circles is a friend who 14 months ago was on a respirator in ICU due to an alcohol and drug overdose. He was once a wealthy successful professional with a wife and kids. He lost everything and lives in a half-way house. Yet he recently relapsed, after 14 months of sobriety and ended up in the hospital for 3 weeks. I have another friend in our program (SA GYE etc) who despite losing his family and job, can't stay sober. He says he hasn't hit bottom. When he was experiencing the pain of losing his family, he wasn't acting out, but that only lasts so long. Hitting bottom, pain, suffering, self-loathing and disgust aren't enough to keep people like me sober. Eventually I will forget the pain, or the despair will get the better of me, and I'll act out. One of the things I need to do is indeed recall the pain I went through and put my family through. I also need to be grateful for how much better my life is now. Even more so, and regardless of how much better my life is or even if it isn't better, I made a decision that I don't want to lead a selfish, dishonest, self-seeking and fearful life filled with regret, jealousy and hatred anymore. Sometimes I need to remind myself of that decision, so that's what I'm doing. Thanks for listening.

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Re: Glad to be here

Posted by Bigmoish - 12 May 2015 03:59

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I got a tremendous ????? from your words.

If someone can lose everything and still not truly hit bottom, then one can also hit bottom without losing everything. We say "hit bottom while still on top," but it's good to understand it a little better.

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Re: Glad to be here

Posted by shlomo613 - 12 May 2015 11:29

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Yup Serenity. I 100% relate to what you're saying.

I generally relapse when I hit a crest, i.e. when I'm really comfortable and confident in my sobriety. I think, "now I can treat myself and indulge".

I'm not sure what the solution is. PLEASE COULD SOMEBODY GIVE US ONE?

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 12 May 2015 15:30

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We takeh hit bottom so we stopped but we need to address what void the behaviors were filling, and fill them in good ways. If there would be UA meetings, I think I would attend.

Underachievers Anonymous.

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Re: Glad to be here

Posted by Yudi - 12 May 2015 16:05

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Hi Serenity, "bottom" is truly a subjective thing. What is the bottom for one guy, is not the bottom for another. For me, whenever I took my failings to a "new level" rachmona letzlan, that created a moment of opportunity. If I was able to somehow recover from that point, then looking back, I recognized that I hit "bottom" and that was a place where I never want to ever go again. But unless you recognize that you've "crossed a line" you've never crossed before, you're still falling and haven't hit "bottom" yet.

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