

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 shlomo613 - 12 May 2015 17:58

I think that we are overly fixated with our sobriety streak - and I'd posit that the fear of falling derives from it.

And this is the crux of the issue: We care more about the good feeling of being clean than growing as human beings.

Gd however wants us to grow. So if we are cruising we might get a rude awakening. If falling out and doing some swimming is what we need I suspect Gd will rock that boat!

This brings us to question #1: Does Gd want us to fall and then fight specific battles all over again (Baal hassulam quoted in GYE emails said this by the way) or is not falling the challenge, victory and growth that He wants.

More relevantly, question #2: What strategy can we employ so that it should be the latter rather than the former?

That's the question us guys NEED answered.

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Re: Glad to be here

Posted by stillgoing - 12 May 2015 19:04

shlomo613

question #1: Does Gd want us to fall and then fight specific battles all over again (Baal hassulam quoted in GYE emails said this by the way) or is not falling the challenge, victory and growth that He wants.

I don't see how we could possibly say that "G-D *wants* us to fall so we could fight the battles again." The battles may need to be repeated, but if we don't fall then G-D will just give them to us on level 2!

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Re: Glad to be here

Posted by stillgoing - 12 May 2015 19:05

Everyone has been talking recently about "lust surges". The way that I look at it (if anybody) is, (assuming that they were not caused by our own doing) We all know that we have done horrible things. We know and G-D knows. Today (or whenever we first came to GYE), we are feeling inspired. We commit ourselves to changing, but all it is at this point is a commitment. Hashem is going to give it a test, to see is our resolve real - or weak. At some point after our commitment, we can expect to receive a surprise quiz. Now, Hashem is our father and ultimate guidance counselor, He will give the test(s) in a way that will help us. We might fall on that test, in which case our job is to clean ourselves up, make a new resolve, and wait for the next test. As long as we are still in the school of life, we can keep on taking the retest. Of course we would rather pass the test sooner than later so we can go on to the next grade.

Hope we all make the grade.

SG

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Re: Glad to be here

Posted by shlomo613 - 12 May 2015 19:54

I like it! Any other offers?

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Re: Glad to be here

Posted by serenity - 14 May 2015 01:58

My son is going to yeshiva next year. He did all the planning on his own, which I think is important. We are making the financial aid application, so I hope that works out.

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Re: Glad to be here

Posted by stillgoing - 14 May 2015 21:09

That's great. As the saying goes "*He who pays his own way through collage, will not fail*" Well not paying exactly, but if he arranged it, it helps him to succeed.

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Re: Glad to be here

Posted by shlomo613 - 14 May 2015 22:06

As we hit the sfira of yesod shebiyesod - this great one for us - I wonder whether anyone has any special thoughts to share.

There is something I would like to: We talk about simcha shel mitzvah; I'm told that the arizal said that his madreigos came because of simcha shel mitzvah.

When a pretty woman passes and we don't look do we wince and burn up inside? Maybe we ought to be happy we've been given this tough challenge. We're achieving so much. How blessed we are.

I hope we can maybe also take this opportunity to be mechazek and maybe daven for each other that we should be zoche to stay clean till ahavuos. I know the date is arbitrary, and what happens after - but still...?

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Re: Glad to be here

Posted by serenity - 14 May 2015 22:52

Did I tell that story?

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Re: Glad to be here

Posted by yiraishamaim - 15 May 2015 03:30

shlomo613 - I like the idea of rejoicing over a mitzva instead of frustration over not indulging in something we have really no shaychos to, no business with, and was there only to tempt/test us in the first place.

As far as the Arizal is concerned the mishna berurah says what you just mentioned when discussing the halachos of simchos torah.

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Re: Glad to be here

Posted by serenity - 15 May 2015 06:22

Exactly, when we focus on not indulging in something, we are engaging with it and giving it power.

Ty Chaver

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Re: Glad to be here

Posted by serenity - 15 May 2015 23:40

1) Are you willing to admit you are powerless over lust and sexual acting out, just for today? Yes

2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation? Yes

3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic? Yes

4) Just for today, do we commit to God and this group that we do not have to have sex with ourselves or anyone else (except a spouse) no matter what, realizing that at the end of this 24 hours we are free to continue with sobriety or go another way? Yes

5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?

Yes

6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past? I'll join you in that.

7) Have you done anything in the last 24 hours that you're ashamed of? Yes

8 Are we aware of anything in our plans for the next 24 hours of which we might become ashamed? Any danger zones, slippery spots on the horizon, or hidden bottles we should bring to the light? Nope

* Taken from the SA newsletter The Essay

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Re: Glad to be here

Posted by shlomo613 - 16 May 2015 23:20

What did you do yesterday that you're ashamed of, or should I not be asking?

All the best.

Shlomo

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Re: Glad to be here

Posted by serenity - 17 May 2015 01:51

Nothing that bears repeating here.

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Re: Glad to be here

Posted by serenity - 17 May 2015 06:49

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"What we strive toward is not only the negative sobriety of not acting out our sexaholism, but progressive victory over the obsession in the looking and thinking. We also strive toward the positive sobriety of acting out true union of persons. The great blessing (or curse, as the case may be) of our condition is that unless and until we can give unconditionally and relate with others, the vacuum left inside us from withdrawal will never be filled. All along, we had thought we could make the Connection by taking; we see now that we get it by giving."

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