

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 yiraishamaim - 28 Jun 2015 19:21

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[serenity wrote:](#)

A little more from Dr. Bob. I hear a lot of people asking if the craving will ever leave. Here is his experience.

"Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding."

A very important insight here.

A person can live with craving for a significant period of time. Yet, it does not necessarily have any bearing at all in engaging in the kind of behavior the craving is luring you to.

This offsets the argument that a person often finds saying to himself: "Here I go again. I'm lusting. So I know I will eventually have to give in"

Dr. Bob proves otherwise

Powerful Stuff

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Re: Glad to be here

Posted by serenity - 28 Jun 2015 22:50

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Alcoholics Anonymous Page 70

"To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache."

The book AA sums up the solution for people like us "If sex is very troublesome" very succinctly as highlighted above in blue. We need to get out of ourselves and the way to do that is by thinking of the needs of others and doing for others.

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Re: Glad to be here

Posted by serenity - 28 Jun 2015 23:14

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From Bob D. and Scott L. AA

The difference between trust and faith, a moshel

Imagine you're at the circus and the guy is about to walk out onto the high wire. He's on the platform and pushes a wheelbarrow in front of him onto the wire and he then he steps on to walk across. You will probably be thinking, I'm sure he will make it. I mean he does this act all the time. He's a professional at this and is completely trained, etc. That's faith chevra. Getting

Hatzlacha!

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Re: Glad to be here

Posted by serenity - 01 Jul 2015 01:19

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"Those who do not recover are people ..., usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average."

Alcoholics Anonymous  
into the wheelbarrow, that's trust.

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Re: Glad to be here

Posted by yiraishamaim - 01 Jul 2015 01:28

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I understand that if a person is less than honest with himself he cannot recover.

But I question the word "incapable" and thus question the idea that it really isn't their

fault.

Sobriety is a necessity for living. One must do absolutely everything and anything to achieve it.

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Re: Glad to be here

Posted by serenity - 01 Jul 2015 02:12

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I've heard many recovered AA members say that they have met more people who "unwilling" than "incapable". Personally I always read it as a challenge of sorts, for lack of a better word. Like saying oy nebach you're just incapable, to kind of get the person to challenge that notion and get honest. But, I have no real mesorah for that view, lol.

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Re: Glad to be here

Posted by serenity - 01 Jul 2015 03:52

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I used to watch gambling videos with people playing poker. I did this even when I wasn't gambling or when I was on a hiatus I should perhaps say. I just realized I haven't watched a poker video or played any kind of a card game, even for fun in over a year. The last time I actually gambled was March 22, 1014. At some point I went from not gambling to not wanting to be a gambler. That wasn't the vision for me. That was about the point I stopped watching gambling videos. Isn't that in essence a "psychic change"? I think it's similar with lust. If I don't want to be that kind of a person, I'm not going to watch the videos and take in the sights. So if I'm still taking in the sights, then I really still want to act out.

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Re: Glad to be here

Posted by shlomo613 - 02 Jul 2015 21:42

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[serenity wrote:](#)

The last time I actually gambled was March 22, 1014.

Serenity, Please tell us about life in the olden days.

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Re: Glad to be here

Posted by serenity - 02 Jul 2015 22:11

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I don't want to brag or anything but I was

**Warning: Spoiler!**

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Re: Glad to be here

Posted by serenity - 03 Jul 2015 04:17

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In the year 1014?

In the year 1014, we didn't have Heinz baked beans

In the year 1014, of a laptop, I could only dream

In the year 1014, GYE wasn't on the scene

In the year 1014 we didn't need filters on our machines, we had the RIF to follow in halacha, sadly Jews were massacred in Cardova. Now it's been 1,000 years, Jews have cried a billion tears, it's for them I commit, it's for them I say, I'll stay sober another day.

(can't remember who sang that song "In the year"

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Re: Glad to be here

Posted by serenity - 03 Jul 2015 15:23

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Ego is in full glory today. I hope I can quiet it down before Hashem backs away and allows me to have another fall to knock it down a notch. I don't think I can do it on my own, so some prayer and meditation is in order.

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Re: Glad to be here

Posted by serenity - 06 Jul 2015 01:33

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If you can put porn ahead of your wife and kids, which is something that will harm them, then surely you can put your sobriety, which they will only benefit from, ahead of them.

I'm very grateful to the community of guys here. You are all helping me stay sober.

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Re: Glad to be here

Posted by serenity - 06 Jul 2015 13:45

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The reading on the morning call strikes me as being particularly meaningful and pertinent to the overwhelming majority of people here on GYE. I will try and highlight some parts that strike me as particularly relevant. Here it is:

Though there is no way of proving it, we believe that early in our drinking careers most of us could have stopped drinking. But the difficulty is that few alcoholics have enough desire to stop while there is yet time. We have heard of a few instances where people, who showed definite signs of alcoholism, were able to stop for a long period because of an overpowering desire to do so. Here is one.

A man of thirty was doing a great deal of spree drinking. He was very nervous in the morning after these bouts and quieted himself with more liquor. He was ambitious to succeed in business, but saw that he would get nowhere if he drank at all. Once he started, he had no control whatever. He made up his mind that until he had been successful in business and had retired, he would not touch another drop. An exceptional man, he remained bone dry for twenty-five years and retired at the age of fifty-five, after a successful and happy business career. Then he fell victim

to a belief which practically every alcoholic has —that his long period of sobriety and self-discipline had qualified him to drink as other men. Out came his carpet slippers and a bottle. In two months he was in a hospital, puzzled and humiliated. He tried to regulate his drinking for a while, making several trips to the hospital meantime. Then, gathering all his forces, he attempted to stop altogether and found he could not. Every means of solving his problem which

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money could buy was at his disposal. Every attempt failed. Though a robust man at retirement, he went to pieces quickly and was dead within four years. This case contains a powerful lesson. Most of us have believed that if we remained sober for a long stretch, we could thereafter drink normally. But here is a man who at fifty-five years found he was just where he had left off at thirty. We have seen the truth demonstrated again and again: "Once an alcoholic, always an alcoholic." Commencing to drink after a period of sobriety, we are in a short time as bad as ever. If we are planning to stop drinking, there must be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.



Young people may be encouraged by this man's experience to think that they can stop, as he did, on their own will power. We doubt if many of them can do it, because none will really want to stop, and hardly one of them, because of the peculiar mental twist already acquired, will find he can win out. Several of our crowd, men of thirty or less, had been drinking only a few years, but they found themselves as helpless as those who had been drinking twenty years.

**To be gravely affected, one does not necessarily have to drink a long time nor take the quantities some of us have. ...**

Certain drinkers, who would be greatly insulted if called alcoholics, are astonished at their inability to stop. We, who are familiar with the symptoms, see large numbers of potential alcoholics among young

MORE ABOUT ALCOHOLISM 33

people everywhere. But try and get them to see it!

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Re: Glad to be here  
Posted by gibbor120 - 06 Jul 2015 14:04

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Thanks for all the great posts! Keep em comin!

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