

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 serenity - 22 Jul 2015 04:41

We don't have to put too much thought before acting out on the porn we view. How come we have to put so much thought before acting out on what we see works for others in the program? Program principles often become an intense and lofty debate as to whether or not they will work

There were many program suggestions that I didn't think would work and even seemed counter

I love that blinking smiley.

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Re: Glad to be here

Posted by newaction - 22 Jul 2015 06:36

[serenity wrote:](#)

I can't think for one second that sobriety is anything close to impossible. I can't think for one second that Dov is a rare exception. I have to believe that so long as I follow my program today, Hashem will keep me sober. That while Dov s special to Hashem, so am I. And if He is there for Dov, He will be there for me as well.

[/color]

Everyone wanting to change and transcend is a rare exception ; very cherished and rare though.

And the general rule is that anybody can choose to be part of the rare exception. All the paths are open to take us wherever we REALLY want to go. It is just up to us to make the decision .

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Re: Glad to be here

Posted by serenity - 25 Jul 2015 00:08

Good Shabboss!

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Re: Glad to be here

Posted by serenity - 30 Jul 2015 23:48

"I stood for nothing, so I fell for everything."

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Re: Glad to be here

Posted by newaction - 31 Jul 2015 00:38

Uplifting !! Thank You.

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Re: Glad to be here

Posted by TalmidChaim - 31 Jul 2015 02:42

One of the best quotes, thanks!

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Re: Glad to be here

Posted by serenity - 10 Aug 2015 01:10

Just wanted to update a bit. I'm really not sure how I'm doing. I literally spent the entire day today in service to others and I'm grateful for that opportunity. I'm stuck on the 6th step and haven't done any work on it in a couple weeks. I'm not sure why I'm avoiding it. Shabboss morning on the way to shul, I spoke out a gratitude list to myself. I've been waking up in the morning with Modeh and the step 3 prayer. That has been helping get my day off to a good start.

Thanks for listening.

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Re: Glad to be here

Posted by rav etzlo - 10 Aug 2015 01:43

[serenity wrote:](#)

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Love that idea! Blee neder going to do that...

Thank you!

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Re: Glad to be here

Posted by serenity - 13 Aug 2015 04:33

I just wanted to paste this post of Dov's here. I'm not posting it to raise concerns about GYE in any way and I'm sorry if it has that effect. I wouldn't want to shtet anyone's recovery. I'm posting it to let people know that they are safe in SA meetings.

"And one more thing:

Even if your name is not Tzvi, you already gave away a lot of specific information about yourself (and your wife) that could be self-identifying.

Remember, anybody can and does read this forum. Jews, gentiles, trouble-makers, good people, evil - really evil and dangerous people, and your wife or neighborhood friends and family, too. Anyone.

So please consider being a bit more careful. If you choose to, you can even erase some

possibly unnecessary details you wrote (like the miscarriage, your age, and recent semicha).

In this respect, and SA meeting is far safer than GYE. Walking into a live SA meeting and sharing all this (including bringing your face) has rarely endangered anyone. I've been going to live meetings for 18 1/2 years with many frum and non-Jewish people, in frum, goyish, and my own neighborhoods for all these years as many others have - and my kids are getting great shiduchim, my job has not suffered, etc. Nobody knows where these meetings are - and no one comes into them, unless they are desperate first, themselves!

Curious onlookers do not actually walk into SA meetings and sit down with a bunch of perverts such as myself. Seriously.

But GYE has many, many curious onlookers to the forum. Many even read this entire forum without even getting membership or a username! It's a free and open forum for reading.

So just a thought.

- Dov"

Along the same lines as what Dov is saying, I will relate something I experienced with a guy here. I was chatting with him privately and he was afraid to give out any identifying information. That was fine with me, after all it's his prerogative. This same guy gave out his actual personal information to a woman in a chat room. The woman then threatened to use that info against him. When I pointed this out this paradox to him, he didn't understand my point. That is the mind of an addict.

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Re: Glad to be here

Posted by cordnoy - 13 Aug 2015 20:11

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When Dov first posted that, I commented that I have not heard of any mishap or fallout from gye either, but I do agree with your paradox point.

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Re: Glad to be here
Posted by shlomo613 - 13 Aug 2015 20:35

Hmm... The paradox in that story is certainly food for thought..

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Re: Glad to be here
Posted by serenity - 14 Aug 2015 21:49

I really felt like I was heading for a fall yesterday. Maybe not right then, but eventually. I was trying not to think that way, because worrying about how I may fall can contribute to the fall. Then I had an amazing thought. What would my program say to do now and why aren't I
LOL. I called my sponsor and spoke everything out with him. Once I did that, I totally forgot about my fears and didn't even think about it til now.

When I fall, it's going to be because I'm not working my program.

Another point is that the reason I even thought to work my program, is because I secretary a SA meeting and didn't want to blow that. Commitments are important to me.

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 14 Aug 2015 22:14

[serenity wrote:](#)

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I think **most** people only fall when they are masiach daas from their program whatever that program may be. Your idea of doing something to make sure you stay committed to your program at all times is something I would like to learn from and find ways to keep tied to my program. Maybe a good way to do this would be to be accountable to some people such that you would always be in contact with at least someone and have to tell them where you're up to.

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Re: Glad to be here

Posted by cordnoy - 14 Aug 2015 22:20

[Hashivalisesonyishecho wrote:](#)

[serenity wrote:](#)

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Ummm....Yes!

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