

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 Hashivalisesonyishecho - 18 Sep 2015 01:34

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[cordnoy wrote:](#)

[serenity wrote:](#)

I'm not ascribing great significance to this saying or necessarily agreeing, but I did think it was cute.

"Religion is for people who are afraid to go to hell. Spirituality is for those who have already been there".

I saw that someplace as well.

I also saw it somewhere. In Hebrew. Bemakom shbaalei teshuva omdim...

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Re: Glad to be here

Posted by Shlomo24 - 18 Sep 2015 01:38

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i posted it on my forum, got it from the chizzuk emails.

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Re: Glad to be here

Posted by serenity - 20 Sep 2015 21:28

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I don't if it's just me, but GYE chat doesn't work in my Chrome browser and hasn't for about two months. If you've messaged me and I haven't answered, you now have the likely reason.

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Re: Glad to be here

Posted by Gevura Shebyesod - 20 Sep 2015 23:40

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On a PC or on a smartPhone? It's been working fine on my computer. Do you gEt some sort of error? If so email it to [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com)

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Re: Glad to be here

Posted by serenity - 21 Sep 2015 00:09

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On my laptop. I'm going to try it on a PC. I emailed Guard.

Ty!

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Re: Glad to be here

Posted by serenity - 22 Sep 2015 02:37

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Who do I serve?

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Re: Glad to be here

Posted by serenity - 22 Sep 2015 02:54

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Who will I serve?

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Re: Glad to be here

Posted by serenity - 22 Sep 2015 03:28

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Myself? God? God for myself?

Maybe I'm better off not serving anyone at all. Even in serving there is too much ego for someone like me. I have to be a yesh to think I can be of service to God. Maybe others aren't that way, but I am. Maybe I should place my will and trust in the care of God.

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Re: Glad to be here

Posted by MJB - 23 Sep 2015 17:41

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I hear what you are saying. I also have too much ego to consider myself a servant of Hashem, then I start doing it for me, which perverts the whole idea.

But is not placing all our trust in Him declaring that RBS"O I am your servant. Do with me what You will.

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Re: Glad to be here

Posted by serenity - 02 Oct 2015 04:28

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It is frustrating to see people seeking mental health advice on an anonymous website. It is frightening that people here actually dole out that advice.

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Re: Glad to be here

Posted by serenity - 11 Oct 2015 23:41

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For some reason I never get the 411 on when the new cycle of phone conferences starts. I saw a post from Guard today about it, so I'm pasting it here for those of you who are like me. Also pls note Dov's call started a new cycle today.

12-Step phone conferences.

They are starting a new cycle on Oct 19 be"h.

See [guardyoureyes.com/component/zoo/item/big-book-study-groupthis!](http://guardyoureyes.com/component/zoo/item/big-book-study-groupthis!)

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Re: Glad to be here

Posted by lookingforhelp - 12 Oct 2015 00:18

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It's not just you! I'm having a lot of issues with the gye chat On my iPhone as well.

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Re: Glad to be here

Posted by eslaasos - 12 Oct 2015 04:01

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[serenity wrote:](#)

Myself? God? God for myself?

Maybe I'm better off not serving anyone at all. Even in serving there is too much ego for someone like me. I have to be a yesh to think I can be of service to God. Maybe others aren't that way, but I am. Maybe I should place my will and trust in the care of God.

I don't understand where you're going with this.

Does your status of an addict release you from v'ovadta es Hashem Elokecha?

I can't wrap my head around the logic of I am too unworthy to be unworthy. So what are you - worthy or unworthy? Do you exist? Does Hashem not want your service, as lowly as you believe it to be?

Please explain this to me.

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Re: Glad to be here

Posted by eslaasos - 12 Oct 2015 05:27

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[serenity wrote:](#)

It is frustrating to see people seeking mental health advice on an anonymous website. It is frightening that people here actually dole out that advice.

Can you post this where you see it happening?

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