

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.

=====  
=====

Re: Glad to be here

Posted by Dov - 18 Oct 2015 03:34

---

I love you and appreciate the posts you write and what you are trying to say. Let's make that clear from the outset.

Based on the deep stuff you just wrote above about ranking, I can certainly relate. But based on the actual context and circumstances of the situations you describe these ideas coming up *in*, my heart tells me that you might get a lot further by not getting involved in your motivations, attitudes, or step4-ing it.

Instead, I feel perhaps that staying very simple and looking at your behavior and actions would deliver more bang for your buck in these cases, as would talking them over with a sponsor. I feel that the dirction you are choosing to go sounds very recovery-ish, but may not be.

Just a thought. Let me know if you get my drift...

- Dov

=====  
=====

Re: Glad to be here

Posted by serenity - 18 Oct 2015 03:41

---

Agree 100%. Ty!

=====  
=====

Re: Glad to be here

Posted by eslaasos - 18 Oct 2015 03:57

---

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon

hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

=====  
=====

Re: Glad to be here  
Posted by serenity - 18 Oct 2015 04:24

---

I'm not sure about what you are saying about introspection and I hope Dov will reply.

I will say that I was messaging Dov as well and he had additional facts about the context of what I was talking about. I realized there was no way to understand how he answered the way

=====  
=====

Re: Glad to be here  
Posted by cordnoy - 18 Oct 2015 12:25

---

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

he did based on my comment alone. I should have mentioned this earlier

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

=====

Re: Glad to be here  
Posted by eslaasos - 18 Oct 2015 14:14

---

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the

difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

Sometimes I feel like you have only one absolute truth - I live only for today.

=====

Re: Glad to be here

Posted by cordnoy - 18 Oct 2015 14:49

---

[eslaasos wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

Sometimes I feel like you have only one absolute truth - I live only for today.

Is there a need for more?

=====

Re: Glad to be here

Posted by cordnoy - 18 Oct 2015 14:52

---

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

I wrote the above for two reasons:

1. Serenity is doin' yoemen's (?) work and experiencin' tremendous success; no reason to get down and beat himself up for somethin'....that's the point of introspection; step 10 and 11.

2. Others (if there are any) who are not workin', at times, are spinnin' their wheels with all this fancy shmancy (?) deep psychological thinkin' stuff.

=====

Re: Glad to be here  
Posted by eslaasos - 18 Oct 2015 16:40

---

[cordnoy wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

I wrote the above for two reasons:

1. Serenity is doin' yoemen's (?) work and experiencin' tremendous success; no reason to get down and beat himself up for somethin'....that's the point of introspection; step 10 and 11.
2. Others (if there are any) who are not workin', at times, are spinnin' their wheels with all this fancy shmancy (?) deep psychological thinkin' stuff.

Ouch. Well, I asked you to keep me honest, so thank you.

=====  
=====

Re: Glad to be here

Posted by cordnoy - 18 Oct 2015 16:57



---

[eslaasos wrote:](#)

[cordnoy wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Maybe you two can explain this to me.

You have both given me the feeling many times that there is an inherent danger in introspection that is ostensibly intended to further recovery, because it is to some extent the same self-obsession that got us in trouble in the first place.

One of the most frequent terms I hear from Dov is self-serving.

How did Dov know that Serenity's last post was self-serving, and not an honest cheshbon hanefesh? And how did Serenity know he was right?

Do you have to be sober and working the steps for a year to be able to recognize the difference?

I am neither, but I recognize it at times. I post on the threads as well like that. I don't know if I'm right at all and others disagree. That's fine as well.

I wrote the above for two reasons:

1. Serenity is doin' yoemen's (?) work and experiencin' tremendous success; no reason to get

down and beat himself up for somethin'....that's the point of introspection; step 10 and 11.

2. Others (if there are any) who are not workin', at times, are spinnin' their wheels with all this fancy shmancy (?) deep psychological thinkin' stuff.

Ouch. Well, I asked you to keep me honest, so thank you.

Never said I was referrin' to you.

I said: Others (if there are any) who are not workin'....

=====

Re: Glad to be here

Posted by serenity - 20 Oct 2015 02:20

---

I can't be reminded of the 9th step promises enough.

### The AA Promises

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.

6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. **They will always materialize if we work for them.**

Alcoholics Anonymous p83-84

=====

Re: Glad to be here  
Posted by Gevura Shebyesod - 20 Oct 2015 02:27

---

=====

Re: Glad to be here  
Posted by Gevura Shebyesod - 20 Oct 2015 02:28

---

=====

Re: Glad to be here

Posted by serenity - 22 Oct 2015 16:40

---

Easy does it chevra.

=====  
=====