

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 Moshe271 - 17 Nov 2015 15:12

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## **Serenity**

That lust was the great solution to all my problems. God took that all away from me in a moment. Does that mean I didn't have to struggle, that I didn't have temptation, that I didn't have a slip, that it didn't take constant work? No.

I'm thankful for your post. I am coming up on 1 yr in SA, but still slip here and there with pictures of underdressed women on the internet and lusting over women on the street and at work. This is a struggle, and I feel on the inside that the obsession is- **isn't** really gone. That Hashem has

removed the obsession from the more insidious forms of acting out, but that I haven't surrendered some of the "lighter" stuff. I mean, if I've come this far, shouldn't I just beg Hakadosh Baruch Hu to finish off the obsession to the point where I'm living within the boundaries of halachah? I believe this will become my goal for the coming *tekufa*. If life has gotten so good for me in just one year of recovery, incomplete as it is, I cannot even imagine how good things might become if I really surrender my lust to Hashem. This is hard. I still crave the sense of love/acceptance/worth that fantasy and lust seem to offer.

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Re: Glad to be here

Posted by eslaasos - 17 Nov 2015 15:27

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[Moshe271 wrote:](#)

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Moshe, if I may I would like to make 2 comments on the parts of your post that I relate to.

I have heard the concept that it's worse to steal \$5 than to steal \$100,000 because you could have managed fine without the \$5 but the \$100,000 is a much bigger temptation. It's a trick of the YH that you trivialize the smaller sins, when really it might make sense to focus specifically on the smaller stuff. "Watch the pennies and the dollars will take care of themselves".

What resonated even more is the feeling that Hashem has removed the lust addiction, but escapism is still a major issue. I have a lot of incoherent thoughts on this but nothing really productive except that I see this as possibly being my primary battlefield, and am always interested in learning new insights about it.

Continued hatzlacha!

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Re: Glad to be here

Posted by serenity - 17 Nov 2015 17:14

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[Moshe271 wrote:](#)

### **Serenity**

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Thanks for your reply. Just to be clear, lust hasn't been removed, the obsession that it is a solution to anything for me was removed. Further the idea that it's a solution still comes up, just

not the obsession.

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Re: Glad to be here

Posted by serenity - 19 Nov 2015 14:50

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Portion of the reading on the morning call today:

We, in our turn, sought the same escape with all the  
desperation of drowning men. What seemed at first a  
flimsy reed, has proved to be the loving and powerful  
hand of God. A new life has been given us or, if you  
prefer, "a design for living" that really works.

What is a drowning man doing? (Asks Captain Steve.) I'll leave the answer to you, of you care  
to entertain the question and make any comments about it or anything else.

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Re: Glad to be here

Posted by Yesodi - 19 Nov 2015 15:19

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[serenity wrote:](#)

On another note I made it to a face to face SA meeting. That wasn't at all easy for me. On the  
way there I was trying to find any reason not to go. But, I made it and I'm glad I did.

Kol HaKavod for that amazing courage! I (currently) cannot even *imagine* myself ever talking about such things, **F2F**, in the context of a **group**, without the warm & comfy cover of Internet anonymity!

(I can and sometimes do speak freely about this topic with my wife, my Rav, and a very small number of especially-close friends. But to "publicly" do so with "strangers" -- who very likely live in my same general vicinity! -- seems to me to be "Kashe KeKri'at Yam Suf"!)

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Re: Glad to be here  
Posted by serenity - 22 Nov 2015 00:07

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If you are at Jacs, message me.

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Re: Glad to be here  
Posted by Moshe271 - 22 Nov 2015 14:33

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This is a struggle, and I feel on the inside that the obsession ~~is~~ **isn't** really gone. That Hashem has removed the obsession from the more insidious forms of acting out, but that I haven't surrendered some of the "lighter" stuff.

I made an important correction to my original post. The obsession is alive and well in the escapism you mention - in the little glances and wandering thoughts that I catch in the nick of time, or a moment too late. I'm working on setting up recovery actions to implement before I go out into the street or to the office each day.

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Re: Glad to be here

Posted by serenity - 03 Dec 2015 05:21

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. I think

Shame. Secrets. Everything changed when shame crept into the Garden of Eden. We became self conscious. Adam and Eve were afraid to show each other who they were; how flawed, how human. So they hid themselves and we've been hiding from each other ever since. The first sin lead to the first secret and the secret is worse than the sin. We all know that, and yet the worse parts of ourselves, we keep them hidden and secret. And who do we keep the secrets hidden from? The people we want to be closest to. Show the people the real you, especially if it's someone you love. The skirt at the bar is the first to find out we have a drinking problem. The taxi driver is the first to find out we are having an affair. It's too hard to tell the truth to the people who matter. But God wants it to be hard. If it's weren't hard, it wouldn't be precious. Don't judge, just listen, because everyone here has a secret that can only be fixed by shedding the Light on it. The Light of God!

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Re: Glad to be here

Posted by eslaasos - 03 Dec 2015 05:31

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Which show?

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Re: Glad to be here

Posted by serenity - 03 Dec 2015 05:35

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[eslaasos wrote:](#)

Which show?

**Warning: Spoiler!**

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 03 Dec 2015 16:14

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Some things are best kept covered.

If a person could expose their body in public, then eventually they wouldn't feel the need to use the bathroom because they would relieve themselves wherever they are. Similarly if a person had to reveal all of his shortcomings, he would feel like openly behaving in the worst way because there is no dignity left to preserve. That's why one may not look at his wife's most private parts because shema yimtza ba davar meguna etc. So there you have it that some things are to be kept private and not revealed to anyone.

That is except the doctor or the rofeh nefesh or in our case whoever you need to tell for the purpose of the recovery. Or to humiliate him as part of the recovery process.

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Re: Glad to be here

Posted by Bigmoish - 03 Dec 2015 19:00

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I don't really want to get into this, but it has nothing to do with humiliation, nor is it even humiliating!

When I finally decided to be honest with a real person, I can only describe it as relief.

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Re: Glad to be here

Posted by serenity - 04 Dec 2015 01:09

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I can take what I like and leave the rest or take what I don't like and leave the rest.

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Re: Glad to be here

Posted by serenity - 04 Dec 2015 02:01

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Come check out the night call at 9:30.

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