

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 serenity - 16 Sep 2016 22:52

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If I were to post that I give up on sobriety and recovery and I'm leaving here, I think I would get a ton of encouragement and people trying to convince me to stay. A few of years ago that is where I was. I had given up on ever being able to change and stop my acting out. I had decided to end the guilt and the battle with myself. All the encouragement in the world would have done nothing to convince me otherwise. I believe that was the beginning of my recovery. It was perhaps the final shattering of any belief in self, of any ego that would allow me to think I could control this disease. It was an end to the guilt and it was allowed me to eventually get well.

Some people come back here (and other groups) after a long absence, defeated and dejected and sick of the battle. Then they get get back on their feet here and recharged and ready for the next spree. It's often like a maintenance program. Come to a program before my life gets

too unmanageable, get fixed back up again and then go back out. I know this all to well. I was doing this for 40 years. I would get better long enough to forget the pain and then go back out again. For me I had to give up and let myself fall to bottom to a point where I can't handle going back again. For you, maybe you can give up and just go after recovery like a life raft. There is no need to fall further, but there may be a need to give up and cling to the help that is here for you.

I'm afraid some of this will be misunderstood. I'm not sure I understand it myself. But, it's what's on my my mind, it's what I need to say and it's my share.

Have a good Shabboss.

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Re: Glad to be here

Posted by Newleaf354 - 18 Sep 2016 13:02

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[serenity wrote on 16 Sep 2016 22:52:](#)

If I were to post that I give up on sobriety and recovery and I'm leaving here, I think I would get a ton of encouragement and people trying to convince me to stay.

I relate to that, but I think in a different way--recovery in a way seems to breed sickness. If I'm about to m\*sturbate and I write a big SOS, I'll get tons of responses and support. If I write about the humdrum recovery in every-day life, little successes and little struggles, or if there is some finer point I am struggling with or confused about, nobody really seems to give much of a hoot.

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Re: Glad to be here

Posted by Workingguy - 18 Sep 2016 14:25

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[Newleaf354 wrote on 18 Sep 2016 13:02:](#)

[serenity wrote on 16 Sep 2016 22:52:](#)

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For sure. Because it is really hard to live in a consistently normal and healthy way- who has the energy for that, and who has the energy to support that? But occasional boosts and pushes seem so much easier.

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Re: Glad to be here

Posted by serenity - 18 Sep 2016 14:53

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The point you bring out is at the crux of the beginning of recovery for many of us. At a certain point it becomes too hard for us to keep acting out, lying, covering our trail, hiding, cheating and living a double life, etc. It becomes easier to live in a healthy way and put our energy into that. I got to the point where I had no energy to constantly live a double life. Which brings me back to my original point. If I help someone to get a reprieve just so they can go back to acting again after they have rested enough, am I really helping them. Sometimes an addict has to fall on his face, before he really starts to get better.

One of my shortcomings is that when a guy comes back on here with his stories about all the ways he acted out during his absence, what women he was flirting with, how close he came to the big thrill, and now he wants his big welcome back so he can make himself feel better (and rest up for the next exploit), I just want to vomit. And I think that since I myself was in his

position and even worse, I can tell him that. However I'll try to be somewhat of a mensch and do on my thread where I feel (rightly or wrongly) that I have more license to express myself.

On the other hand when I hear a guy (an addict) say "I give up on recovery" (and also not brag about his exploits) it gives me hope that he is starting recovery. Because he (I'm talking about addicts) has finally realized that he can't do it.

I do everything I can for recovery, but I know it isn't me keeping me sober.

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Re: Glad to be here

Posted by Shlomo24 - 18 Sep 2016 19:19

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[Newleaf354 wrote on 18 Sep 2016 13:02:](#)

[serenity wrote on 16 Sep 2016 22:52:](#)

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Then it's time to start living for yourself. And there are many ways to do that. I learned to treat myself in recovery. To take is slow and simple. If you see, I don't post about my personal life much anymore on this forum. I have real people that I can reach out to and I have God and myself. I really relate, because I've definitely been where you have been. I used to write my mundane posts in exciting or exaggerated ways so I would get the thank you's and the karma

and the replies. It was a step into being more honest, but it wasn't ideal. I needed to go little by little and eventually I got there. Maybe try something like that. The worst thing you could do is beat yourself up though. "Progress not perfection."

Hatzlacha Rabah.

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Re: Glad to be here

Posted by Newleaf354 - 20 Sep 2016 12:32

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[serenity wrote on 18 Sep 2016 14:53:](#)

One of my short comings is that when a guy comes back on here with his stories about all the ways he acted out during his absence, what women he was flirting with, how close he came to the big thrill, and now he wants his big welcome back so he can make himself feel better (and rest up for the next exploit), I just want to vomit.

So, it's a healthy sign to be putting more energy into real life. But still, how to be involved here. I have some reservations about being so active here on this forum. One reason is because, even without p\*rnography, part of my problem is that I also spend too much time on the computer.

Another problem is that I was here in a past life and people would come and cry out for help or ask sincere questions and they were in serious trouble and I'd put a lot of thought into it and spend a lot of time to answer them and, more often than not, they would simply disappear. So, I felt I was just getting burned over and over again, wasting lots of my time on people who were crying for help but didn't really want to take it.

--NL354

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Re: Glad to be here

Posted by yiraishamaim - 20 Sep 2016 20:56

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[Newleaf354 wrote on 20 Sep 2016 12:32:](#)

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--NL354

Is a person in Kiruv who has invested so much in trying to bring people closer to Hashem, considered to have wasted his time if at the end those people do not embrace Yidishkeit? If we ourselves fail at something *Ruchni* after putting forth a strong effort, has the struggle been a total loss?

You put forth the effort to assist others, and the rest is out of your hands. You did what Hashem wanted of you. Hold your head high - you were not burned.

Besides what happened to these guys? you don't even know. Maybe it was actually your words of support that made a major change in their lives.

A while ago I was commenting regularly on a guys thread and for some reason he never commented or thanked me. I noticed he did for others but not me. I was not insulted at all, I figured my style simply did not resonate with him. Besides - we must understand that people on this sight are hurting, sometimes deeply hurting and it behooves us to be *lomed lekaf zechus*. I decided not to comment on his thread as he was clearly not interested.

A week later I get a PM from him asking my opinion on something. I was stunned.

Buddy, ya just never know.

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Re: Glad to be here

Posted by serenity - 22 Sep 2016 16:50

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I can relate to what you're saying. People got sober before I was here and they'll get sober when I'm not here. So I'll help when I can so long as it's not hurting me and I'll let go of the rest. I definitely need to set limits.

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Re: Glad to be here

Posted by trysohard - 25 Sep 2016 09:25

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I just read this topic from start to finish. I learned a lot from you Serenity! Your brilliant and brutal honesty (and wit) are really eye-opening. So set your limits, but we'll definitely appreciate whatever you share.

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Re: Glad to be here

Posted by serenity - 02 Oct 2016 17:18

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Wishing everyone a good and sweet year; a year in which we can see ourselves with stark honesty, the same honesty with which we often see the faults of others but are blinded when it comes to our short comings; a year of guidance from Hashem; a year of humility and surrender; a year of sobriety and freedom from the compulsion to act out; a year of freedom from our character defects; and, a year within which our own enlightened self interest tells us we must stop acting out.

I hope that if I've hurt you in any way you can find the compassion to forgive me.

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Re: Glad to be here

Posted by Gevura Shebyesod - 02 Oct 2016 19:48

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Amen!

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Re: Glad to be here

Posted by serenity - 20 Dec 2016 02:47

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I just wrote a whole long comment and deleted it. Just want to check in and say hello and give thanks to Hashem, SA, GYE and you for helping me stay sober for 21 months today.

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Re: Glad to be here

Posted by Workingguy - 20 Dec 2016 03:19

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Wow! That's amazing!

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Re: Glad to be here

Posted by Singularity - 20 Dec 2016 08:32

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MAZELTOOOOOVVV! That's a true Blackjack.

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