

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 - 19 Jul 2017 15:54

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Disclaimer: I'm only speaking for myself and people like me who consider themselves Sexaholics as the condition is described in the SA White Book.

I've been listening to recordings of SA speakers while I drive and whenever I have free time. The positive part of my personality is that I can really throw myself into things. Obviously I have to set limits and always talk with my sponsor about what I'm doing.

Anyway Harvey A. was pointing out that the discussions in meetings have become very focused on the sexual or lustful act. The problem for a "Sexaholic" is not the act, it's the driving

force behind the act and lust is the driving force behind the act. So I need to define what lust is for me and recoil from it like a flame. Someone in SA said to me that lust is a raging fire.

The definition of Lust is the using of a natural desire for an unintended and unnatural purpose. And lust isn't limited to lust after people. I can lust after money, power, respect and many other things. I can lust after being a Rosh Yeshiva. It's all about the state of mind of the sexaholic. And I can also lust after shlamus as a Ben Torah. And the Sexaholics who don't get this can never stay sober without relapse because as Harvey puts it, we were never sober to begin with.

I hear people all the time lusting after sobriety and it is ever elusive to them. Of course we can't get and stay sober. We don't know what sobriety is and our motivating force in our sobriety is the very same thing that causes our addiction to begin with - Lust.

Someone asked me how a Sexaholic of the hopeless variety like me can go onto a computer without a filter and not watch porn. The Answer is that it all depends on my state of mind when I go on the computer and the fitness of my mental condition (I avoid the word spiritual condition because too many people here will substitute spiritual for frum.) If I go onto that computer when I know that every time I go on the computer I watch porn then I am just straight out sick and suffering and don't have recovery. Just to be clear the proof that I'm still sick and suffering is not that I watch porn every time I go onto an unfiltered computer. I may never be able to go onto an unfiltered computer no matter how recovered I am. Even Harvey A who has something like 30 years of real sobriety knows that he can't take certain actions without them leading to Lust and eventually acting out. The sickness is thinking that this time will be different. That this time I will have the power. The filter isn't there to prevent from watching porn, It's there because I don't have the power on my own to sign into an unfiltered computer and not watch porn. In the Doctor's Opinion, I have an allergy and an obsession. It's like a guy who has an allergic reaction to peanuts but thinks this time he can eat peanuts and it will be okay. Except that we do this over and over for years on end. I know for a fact that if I watch porn on a computer it will lead me to misery. So if I do that time and time again then there is something really wrong with me. And for me it starts way before I turn on my computer. If I conscientiously pursue any form of lust in my life, it will lead me to restless, irritable and discontent and then I will eventually turn to my drug of choice for help. Because when I lust after something I block God out, whether that be lusting after having kids who are obedient like the ones I see next door, the guy who is more successful than me in business, or the marriage of my neighbor. Once God is blocked out then I seek my shalmus elsewhere. For a regular person Lust may not cause all that and may be fine and well, but for me it is toxic.

I used to be jealous of my friend's marriage and wished mine could be more like his. They ended up getting divorced to my shock. My lust after his marriage was all based on the falsehood my addict's mind.

?Thanks for letting me share. I hope it helped someone. I know it helped me.

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Re: Glad to be here  
Posted by serenity - 19 Jul 2017 18:29

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I knew my Karma was going to get lowered, lol.

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Re: Glad to be here  
Posted by serenity - 19 Jul 2017 19:06

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Re: Glad to be here  
Posted by serenity - 23 Jul 2017 03:53

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If you know anything about cats, you may appreciate this comparison to addiction. Cats are very instinctual (as I'm sure other animals are as well) and when their instincts take over they can be hard if not impossible to redirect.

A friend of mine was saying how his cat would go out at night in the snow and come back all beat up. It had an injured leg and was not in the best of shape. And yet still the next night there was some other cat out there that he was pursuing and he would charge out into the cold and snow in pursuit. Are we much different when our desires take over and we are recklessly driven after something to fulfill them.

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~~Thanks guys. I'm sure one of those bumps was from Mark Z. and another from Cords.~~

Re: Glad to be here

Posted by serenity - 28 Jul 2017 03:33

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Some quotes or paraphrases from a recovered alcoholic named Paulie:

It's not the first drink that gets me drunk. It's the thought that I can have the first drink that does it.

Step one isn't that I can't drink no matter what. It's that I will drink no matter what.

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I just said the third step prayer, so did I just take the third step? No. The third step is just making a decision to turn my will and life over to the God of my understanding. Steps four through nine are carrying out that decision.

Alcohol was never my problem. My problems start when I stop drinking. I take comfort in alcohol. If you remove that and don't replace it with anything I'm miserable.

?I'm powerless over alcohol and my life is unmanageable. Paulie, how is your life unmanageable? Well I don't talk to my sister, my house is in foreclosure, I lost my job. No Paulie that's all normal stuff that happens when you're a drunk. Even a normal person who drinks heavily will have all those problems. What's the stuff in your life that's unmanageable even without alcohol? (Hint: restless, irritable and discontent with a huge hole and an empty (Powerlessness.) (Don't stop at step one feeling despite having a good wife, loving children and a good job.) That's the alcoholic mind.

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Just to share on the last one and for some of us who may struggle with the definition of sexaholic. I had a promising career, a great future, eventually I was married to a beautiful and loving wife and we had wonderful children together and a home full of yiddishkeit. But I was still empty inside and I filled that emptiness with lust and sex with self. No matter how good my life was there was still that void and if you took away my lust it only got worse. If you can relate to

that then you may be like me. I need something that will fill that hole and I find that one day at a time by working the 12 steps that Bill W shared with us and with the help of my higher power.

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Re: Glad to be here  
Posted by GrowStrong - 28 Jul 2017 08:22

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Post of the month

Gonna go find the talk!

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Re: Glad to be here  
Posted by serenity - 28 Jul 2017 23:55

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I acted out over and over again when I was active in my disease and all my will power, resolve and determination wouldn't help me. Interesting is that I acted out only once the year I spent learning in Israel and don't recall any strength or determination needed. I don't even recall making a decision to not act out. I know that many others share the same experience. What I do know is that porn and masturbation is not my problem. I had no problem with it (except for that one occasion) in that year in yeshiva. It was only after ( not sure how long) that the restless, irritability, discontent, feelings od inadequacy, emptiness and eternal uniqueness crept back in and I started resorting to sex with self again in order to feel good. So if you take away my lust and don't replace it with something that fills that hole in my spirit I will act out again.

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Re: Glad to be here  
Posted by serenity - 27 Oct 2017 02:45

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Hello friends. I just wanted to check in an get up to date. I'm sober since 3/19/2015 one day at a time with the help of my Higher Power and the program of SA. I remain very active in recovery by attending meetings, working the steps and doing service. Today I spoke to a group of people in an addiction support group and shared my experience and engaged in questions and discussion about recovery.

My computer keeps glitching, so that's all I got for now

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Re: Glad to be here  
Posted by Hashem Help Me - 27 Oct 2017 20:41

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Thanks for sharing your success bli ayin hora and for reaching out to others. You show us all it can be done.

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Re: Glad to be here  
Posted by yiraishamaim - 29 Oct 2017 01:05

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Thanks for being such a wonderful model for us.

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Re: Glad to be here  
Posted by serenity - 14 Nov 2017 01:15

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Just a word of hope to the average struggler. I once considered myself to be beyond help with no possibility of ever coming back. ???? ???? ?????? - ??? ?????. I considered myself like Acher. With God's help and the help of many special people, angels from Hashem, I'm sober today and I haven't been required to turn to sex with self in 2 and 1/2 years and haven't watched porn in over three years. So I'm here to tell you that there is hope and the best advice I can think of right now is to stick around, have patience and take suggestions of people with sobriety. And I don't know really how to say this other than get out of yourself. Stay away from self-pity, guilt, remorse and the like because it's all ego driven and accomplishes nothing in my experience.

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Re: Glad to be here  
Posted by Markz - 14 Nov 2017 03:10

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[serenity wrote on 14 Nov 2017 01:15:](#)

Just a word of hope to the average struggler. I once considered myself to be beyond help with no possibility of ever coming back. ????? ????????? - ??? ??????. I considered myself like Acher. With God's help and the help of many special people, angels from Hashem, I'm sober today and I haven't been required to turn to sex with self in 2 and 1/2 years and haven't watched porn in over three years. So I'm here to tell you that there is hope and the best advice I can think of right now is to stick around, have patience and take suggestions of people with sobriety. And I don't know really how to say this other than get out of yourself. Stay away from self-pity, guilt, remorse and the like because it's all ego driven and accomplishes nothing in my experience.

Very nice!

Mom wearing daddy's gloves...

Bordering on Lo Silbash

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Re: Glad to be here

Posted by serenity - 24 Nov 2017 17:40

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Just a reminder about forum etiquette. This is a cut and paste of the popup that sometimes appears on the Forum when you first sign in. Main point for me is to share what works for me and to avoid giving good advice even if I heard it from a top top professional in the field.

- **Please Note: For your protection, all private chats are monitored.**

Please note, while it is a good thing to be open and honest with others, it is not helpful to paint a picture with vivid details of what we struggle with. This can be triggering for both parties.

It's best to share what has worked for us in our own experiences rather than

trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful.

People may offer to be in touch via email, cellphone apps, phone, etc. Unless you have chatted with them to the point that you feel comfortable with them and feel that they are stable, this is not recommended.

Though the chat feature is moderated, and best efforts are made to keep malicious users out, some can slip through the cracks. If you have reason to believe that a user is a danger to others, please email [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com) or contact one of the moderators.

9:47PM 13th Jul

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Re: Glad to be here  
Posted by yiraishamaim - 26 Nov 2017 15:52

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Are private messages also moderated?

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