

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.

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Re: Glad to be here

Posted by Markz - 30 Nov 2017 02:44

[serenity wrote on 24 Nov 2017 17:40:](#)

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 or contact one of the moderators.

9:47PM 13th Jul

Brother I love your posts - keep me coming!

Your signature got a little stretched and the biggest prob is that some links don't work (especially the donate one) but I don't see a problem with your sig the way it always was ;-)

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Re: Glad to be here

Posted by serenity - 30 Nov 2017 03:17

Thanks Mark. Someone pointed out to me that the links the way it was weren't working. I think the way I had it came from Guard at one point or another. Any suggestions or help?

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Re: Glad to be here

Posted by Markz - 30 Nov 2017 03:35

[serenity wrote on 30 Nov 2017 03:17:](#)

Thanks Mark. Someone pointed out to me that the links the way it was weren't working. I think the way I had it came from Guard at one point or another. Any suggestions or help?

I believe it's more beneficial the way you updated it now - you're just missing your name from your signature line you used to have (and did you have to put my last name there? - just kidding)

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Re: Glad to be here

Posted by serenity - 30 Nov 2017 03:48

name is too much identifiers for a public site, Mr. Twain

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Re: Glad to be here

Posted by serenity - 14 Dec 2017 21:48

One of the GYE old timers whose sobriety and outlook on life I greatly admire reminded me that when I speak I have to know my crowd. This GYE elder pointed out to me that not everyone can appreciate the rigorous honesty that we look for in the program of SA when I'm talking about myself and my own story and I would say how much more so when I'm talking to someone else. My mistake is that I confused my need to smash my own delusions with the need to smash those of others and that probably applies to people in SA as well except my sponsee. Notice I use the word "delusion" and not "denial". De_Nile is a river in Egypt, what I suffered from was delusion. That's brings out another issue I have. I try to choose my words carefully and in my head there is all this meaning behind them, but what I don't realize is that meaning may be lost on others and therefore I may come across as harsh, uncaring or just misunderstood. I can assure you that nothing is further than the truth. My problem is that I do care and it hurts me to see people suffering and it is at times so clear to me what it is in them that needs correction for them to finally be free. I don't mean free from masturbation but I mean free from that inability to be self aware; free from the bondage of self. Believe you me, I'm in no position to judge anyone

here. I was stuck living a life of delusion for over 30 years.

I was at SA international in New Jersey this year and I was talking to Harvey A. (Harvey is sober over 30 years in SA and has helped many hundreds of guys get sober) and a guy came over to him and said "Hi Harvey, remember me? I came over to talk to you last year and you said get away you're drunk (drunk on lust)." The guy said he was so offended that he went back to his room and was going to leave, but then he got to thinking that Harvey was right. He was lust drunk. Now a year later he says to Harvey " I just want to thank you. I've been sober ever since."

?I definitely ain't Harvey and this isn't SA, so I'll try to behave.

Thanks for reading this.

Warning: Spoiler!

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Re: Glad to be here

Posted by serenity - 19 Dec 2017 17:11

I came across this article from Dov which is from 2010 or earlier. Thought I would share it here.

Daily Dose of Dov

An Entirely Different Track

"Struggling&StrivingBT" writes:

So, like all, becoming a Bal Teshuvah has by no means been easy, and I'm by no means there yet. One of the hardest parts has been in the area of "self gratification". While intellectually, I understand what is so bad about wasting seed, I sometime have trouble attaching my heart to the idea. I feel like a hypocrite; how can I know it's wrong but do it anyway, how can I daven and keep the mitzvot and avoid all these other prohibitions, but this one thing I can't stop? Then, in not wanting to deal with the weight of my actions or fall to despair, I try to look it as lighter or ignore it, and so I can't even make since Teshuva for it. Does anyone have any advice on attaching ones heart to the belief that this is wrong?

Dov Responds:

Supposing you finally *got* the true idea of how horrible the aveiro of zera levatola is, clearly in your mind. And it also became so real to you, that you'd say it's now *in your heart*. It sounds like you are convinced it'd stop you. Or that, at the least, you are saying that it'd help you a great deal to stop, even if you'd still have some struggle. So far, am I on track?

You may be right. But I don't have experience with success that way. I tried, and can point you in the same direction I took to get some of the tremendous guilt and disgust that I thought would finally *speak to me*... OK. I'll spare you. But I fully respect anyone who goes that way, *as long as they succeed*.

There may be another way completely for you to gain freedom. The 12 Steps do not look at the folly of sin at all (except in the very first step), and are an *entirely* different track than what it seems to me that you are describing. The Steps don't sound very religious to many. And they essentially *are not* about religion. ***They are about our receptiveness to religion as a force of growth in our lives.***

They are about cultivating integrity, self-honesty, maturity, and G-d-centeredness. The people who live them, all seem to say they got some of these things from working them, along with the ability to ***remain*** sober one day at a time.

But it seems that so far, your focus on the **evil** of looking (and I agree that it surely is evil!) has only brought you to attend even more to the lust objects! So. We all know that wishing it away just makes us think about it even more, which is the Problem to begin with! No chidush there.

I'm just plugging what works for me today. There are many who go very different ways and get better, so I suggest you search recovery in some way, then settle down (with help of friends in recovery) and **do it**.

Do it like we all did the addictive behavior: daily without fail, with "tzniyus" (we hid it or did whatever else we needed to do in order to preserve it!), honestly (we acted out very personally and earnestly), and sparing no expense or trouble.

You are already very lucky to be here! Hatzlocha!!

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Re: Glad to be here

Posted by serenity - 19 Dec 2017 17:27

So I'm finding myself concerned with understanding the SA definition of sobriety. I don't think that's a good place for me to be. Which is more important to me, having a sobriety date of March 19, 2015 or being truly free from lust for today? What I mean by that is if I have to move my bottom line up and include more lustful behaviors in my definition and to do that effectively I have to reset my date isn't that what I should do without a doubt? I guess the elephant in the room for me is that this really shouldn't be my decision at all. It should be the decision of my SA sponsor. That creates a two fold problem. I am in-between SA sponsors right now and I have a fear about picking a new sponsor. Part of that fear is that I will pick a sponsor who is too easy going and the part is that I will pick a sponsor who is too rigid. The bottom line is that I'm not going to find a new sponsor today so I should probably stop thinking about all this. I will be at the SA International in January and maybe God will send me a sponsor there. If not I will pray for the willingness to find someone soon thereafter.

If I were reading my comment above and had it been posted by someone else, I would say "boy there is a lot of "I" in there."

Happy travels fellas.

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Re: Glad to be here

Posted by LoveU,Hashem - 19 Dec 2017 23:19

I love your posts, serenity! You are my source of inspiration for how far one can get. Shlomo24 never updated his 90 days chart, so it always says day 1. When I commemorate the date I reached sobriety I basically commemorate myself, my ego and my accomplishments. When I let go of myself (highly impossible:confused:) and start focusing on what needs to be **done** today, my start date hardly matters.

Keep up your wonderful words of chizuk and inspiration, I love you!

Yitzchok

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Re: Glad to be here

Posted by Workingguy - 20 Dec 2017 15:57

It's a longer way of saying "there are too many "I"s in there"
So I'm finding myself concerned with understanding the SA definition of sobriety. I don't think that's a good place for me to be. Which is more important to me, having a sobriety date of March 19, 2015 or being truly free from lust for today? What I mean by that is if I have to move my bottom line up and include more lustful behaviors in my definition and to do that effectively I have to reset my date isn't that what I should do without a doubt? I guess the elephant in the room for me is that this really shouldn't be my decision at all. It should be the decision of my SA sponsor. That creates a two fold problem. I am in-between SA sponsors right now and I have a fear about picking a new sponsor. Part of that fear is that I will pick a sponsor who is too easy going and the part is that I will pick a sponsor who is too rigid. The bottom line is that I'm not going to find a new sponsor today so I should probably stop thinking about all this. I will be at the SA International in January and maybe God will send me a sponsor there. If not I will pray for the willingness to find someone soon thereafter.

If I were reading my comment above and had it been posted by someone else, I would say "boy there is a lot of "I" in there."

Happy travels fellas.

Don't worry about the too many "I"s at the moment. Make the decision that is least likely to derail you. For me, sometimes resetting used to send me off the deep end and it was better in the short term to cut myself a little slack.

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Re: Glad to be here

Posted by Shlomo24 - 21 Dec 2017 07:42

[serenity wrote on 19 Dec 2017 17:27:](#)

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sponsor. That creates a two fold problem. I am in-between SA sponsors right now and I have a fear about picking a new sponsor. Part of that fear is that I will pick a sponsor who is too easy going and the part is that I will pick a sponsor who is too rigid. The bottom line is that I'm not going to find a new sponsor today so I should probably stop thinking about all this. I will be at the SA International in January and maybe God will send me a sponsor there. If not I will pray for the willingness to find someone soon thereafter.

If I were reading my comment above and had it been posted by someone else, I would say "boy there is a lot of "I" in there."

Happy travels fellas.

In my experience, sobriety is a truly personal thing. I have modified my bottom lines with the *help* of my Sponsor, but he definitely wasn't the one to choose. My recovery is in my hands. I need to follow my truth, even if people around me are telling me that I'm lying to myself. At this point, I have enough of a spiritual foundation that I can trust myself. I'm a firm believer in the concept of recovery being different for everyone out there. SA sobriety is wonderful because it's a pretty good basic bottom line, but I believe that creating my own bottom lines was part of my growth in recovery.

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Re: Glad to be here

Posted by GrowStrong - 21 Dec 2017 15:40

@serenity i have a few approaches with this.

First for me personally, i made a decision in very early sobriety that if i would find myself repeatedly taking certain actions of lust then i would add them to my bottom line sobriety definition in order to work on progressive victory.

Thank God i have not yet taken what i would consider actions of lust in that way but since then i have added certain things to my bottom line, for example if i were to do a lustful search on the internet i would reset my sobriety.

For my sponsees it depends where they are on their journey.

Early sobriety its important to focus on the basic SA definition and build sobriety there, and as they progress and gain some time i would then take a similar approach with them as I took with myself.

But its also very sponsee specific, for example i have one sponsee whos actual problem isnt porn and masturbation rather its creating fake facebook accounts to approach and create emotional relationships, and the first time he did it after joining i made him reset, in order to set that bottom line in place immediately.

Ultimately lust is something that is very personal, and we each have to be in touch with ourselves and where our lust takes us, and create healthy boundaries in order to create a progressive victory.

So for yourself, you will know when you are moving too close to the edge of the cliff and now that you have some decent time under your belt, be able to take actions to protect yourself from slipping off the edge...

A good decent strong SA sobriety will have us working on a daily basis on walking further away from that cliff edge.

Blessing you to get the right sponsor ASAP for your own peace of mind and serenity!

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Re: Glad to be here

Posted by serenity - 21 Dec 2017 17:29

Thank you for the replies. They were very helpful!

Here is something from the book of AA that Duvid Chaim mentioned on his phone call today talking about our natural instincts gone astray.

Step Four "Made a searching and fearless moral inventory of ourselves." CREATION gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires— for the sex relation, for material and emotional security, and for companionship — are perfectly necessary and right, and surely God-given. Yet these instincts, so necessary for our existence, often far exceed their proper functions. Powerfully, blindly, many times subtly, they drive us, dominate us, and insist upon ruling our lives. Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us. When thus out of joint, man's natural desires cause him great trouble, practically all the trouble there is. No human being, however good, is exempt from these

troubles. Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities. Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. 42 STEP FOUR 43 We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

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Re: Glad to be here

Posted by danann@ - 22 Dec 2017 05:04

i'm 20 and single Sephardi, and i just started gye 52 days ago and i'm 47 cumulative days clean bh, and started having addiction 4 years ago didn't realized or cared in till year after i started having problems/3 years ago but i just couldn't stop no matter how much i tried, and this summer was hearing Jewish radio show that had gye talk about the web site and this sukkot bein hazemanim i checked out the web site and joined and its bin a life changer sense:innocent:

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Re: Glad to be here

Posted by serenity - 31 Dec 2017 17:09

Many people are lead to believe that the purpose of live meetings is to get sober. Many are sorely disappointed when they start going to meetings and don't get sober. There is no magic in going to a live meeting and I personally cringe when I hear people in SA pushing GYE people to go to meetings. If someone asks me where a meeting is and says they need to go I'll be the first to help them. But to push meetings, yikes! The traditions of SA maintain we a policy of attraction and not promotion. If you want want we have and are willing to go to any lengths to get it then we will show you the steps we took.

The book entitled Alcoholics Anonymous which has become know as the big book says the reason for meetings on page 15. "We meet frequently so that newcomers may find the fellowship they seek." We go to meetings to help the new comer. From the forward to the first edition "In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other, in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face, A.A.'s

Speak the language of the heart in all its power and simplicity."

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