

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 Gevura Shebyesod - 19 Jan 2015 03:59

Mazel Tov!!!

May Hashem continue to grant you serenity, courage, and wisdom each and every day.

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Re: Glad to be here

Posted by belmont4175 - 19 Jan 2015 21:55

Mazel Tov!

May you have the strength and courage to go forward to full sobriety, may you come closer to Hashem in all ways, with lots of Beracha and Hatzlacha.

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Re: Glad to be here
Posted by serenity - 22 Jan 2015 10:28

What does it mean to be "willing to go to any lengths to get what we have"? The natural instinct here is start thinking about what I'm willing to do to get sobriety. In other words what makes sense to me. So I'll look through the GYE tools and pick and choose, maybe I'll join SA, maybe I'll do a GYE phone meeting, maybe I'll get a sponsor. Yea a sponsor that makes sense. Ooooh ooooh ooooh, I know, I'll join Dov's Desperados! That really sounds cool. Yea, I'll do all that stuff, why not give it a try or why not try it again.

The problem with that thinking is that it is total baloney. We aren't ready to go to any lengths, if we are sticking our own thinking into it. You know where our thinking got us, no where. At least that's the case for people like me. If your thinking works for you, then you are due full respect.

When I am willing to go to any lengths? When I say "yes" to the person asking "are you willing to go to any lengths to have what we have?". And when I then proceed to ask him what I need to do based on his experience. He's the person that has what I want and I am now ready to listen to him tell me what I have to do to get there. What I think, is meaningless, unless he tells me otherwise.

Hatzlacha

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Re: Glad to be here
Posted by Shlomo24 - 22 Jan 2015 22:59

i think that going to all lengths means willing to put sobriety in the forefront of our lives before everything else. a common phrase said in sa is that anything that you put in front of sobriety is what you are going to lose to sobriety. i put seder in front of sobriety and i have come to realize that right now, sobriety is more important.

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Re: Glad to be here
Posted by serenity - 23 Jan 2015 21:03

Just checking in. I'm doing well. I hope and pray for a daily reprieve from the obsession of lust, which is a big gift from Hashem. Personally I'm powerless over lust, but that's okay. I don't to tangle with lust anymore. My life is just fine without engaging in lust. In fact life hasn't been this good in many years. I can't even remember the last time I actually lived life prior to recovery. For years my life was dependent on external things. It still is to a large extent, but I'm noticing that now and things are getting better.

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Re: Glad to be here
Posted by serenity - 29 Jan 2015 11:13

Writing the second draft of my step one in order to tell it to my SA group. I'm so afraid of doing that, but I know I have to. I won't be able to do it with out 3 more
Warning: Spoiler!

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Re: Glad to be here
Posted by serenity - 01 Feb 2015 04:18

JACS spiritual day in NY tomorrow morning. The flyer and schedule are attached.

Hatzlacha!

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Re: Glad to be here
Posted by serenity - 03 Feb 2015 00:51

I'm sharing my story in two weeks as part of my 1st step of SA. It's something I'm looking forward to having done and over with. I'm not looking forward to sharing it though. I'm just . I'm sure I'll share it in the future some time as well and I'll . It's a pretty embarrassing and humiliating story. I don't take a lot of comfort in the fact that other people have similar or worse stories and I realize that I'm not particularly unique amongst addicts. No matter how you slice it though, it's a difficult to swallow. However, it is a necessary part of recovery and so I will take my medicine. The alternative is much worse. The only other solace I take, aside from knowing I need to do this, is that it may help someone else and that means the world to me.

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Re: Glad to be here
Posted by belmont4175 - 03 Feb 2015 01:28

Dear serenity, it would be good you update your sobriety count, you actually won't find it in the 90 day chart (no you haven't fallen out) rather find it by the wall of honor, not that it matters so much, but it's an incentive to keep going strong.

With much Hatzlacha!

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Re: Glad to be here
Posted by shomer bro - 03 Feb 2015 01:59

Serenity: i gain so much from your posts, and hope that telling your personal story will help you on the road of recovery.

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Re: Glad to be here
Posted by gibbor120 - 03 Feb 2015 17:05

I did it on Dov's phone conference a while back. It is a liberating feeling. It helped me to accept myself as I am, and come to terms with who I am. I have the same hopes for you. Let us know how it goes.

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Re: Glad to be here
Posted by serenity - 08 Feb 2015 08:47

I never knew myself to be a jealous person. However after reflection and becoming aware of my character defects in recovery, I find that I have a lot of jealousy. This is especially true when it comes to people who are more financially successful than me. I'm not even talking about very wealthy people, just what at-least I think of as upper middle class. It really makes no sense for me have this jealousy though. I could have and would have obtained a nice degree of financial comfort, had I not riddled my life with addiction. So it makes no sense for me to be jealous of what I could have had, but for my addiction. I don't know what Hashem's Will for me will be tomorrow or in the future, I only hope that I have the vision to recognize it, the insight to accept it and the courage to carry it out.

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Re: Glad to be here
Posted by newaction - 08 Feb 2015 09:30

First of all there is basic nature's law out there that says something like this: "if you can imagine it (envision,picture it in your mind) , you can make it happen."

So start thinking where you would like to ski next year .

About your son , how much are we talking about ?

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Re: Glad to be here

Posted by serenity - 08 Feb 2015 20:42

I don't know how much. We are looking into places for him. Thanks for your interest.

Hatzlacha!

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