

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 tzaddik212 - 02 Jan 2018 01:40

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meetings is more like group therapy. and that might help you to understand the benefits of it.

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Re: Glad to be here

Posted by Shlomo24 - 02 Jan 2018 03:45

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[tzaddik212 wrote on 02 Jan 2018 01:40:](#)

meetings is more like group therapy. and that might help you to understand the benefits of it.

Can you expound on that? I think "group therapy" doesn't come near to encapsulating the power of meetings.

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Re: Glad to be here

Posted by tzaddik212 - 02 Jan 2018 03:53

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to encapsulating the power of meetings.

can you expand on that? what would you say is the power of meetings?

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Re: Glad to be here

Posted by serenity - 03 Jan 2018 03:01

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Shlomo, I'm not sure you're disagreeing with me. Thanks for the insights.

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Re: Glad to be here

Posted by Shlomo24 - 03 Jan 2018 21:29

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[tzaddik212 wrote on 02 Jan 2018 03:53:](#)

to encapsulating the power of meetings.

can you expand on that? what would you say is the power of meetings?

I think my previous post explains an occurrence that is far greater than group therapy. To my knowledge, there's no power of someone 10 years sober sharing struggles in group therapy. The concept of sobriety at all doesn't exist in group therapy, for one.

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Re: Glad to be here

Posted by Shlomo24 - 03 Jan 2018 21:36

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[serenity wrote on 31 Dec 2017 17:09:](#)

"We meet frequently so that newcomers may find the fellowship they seek." We go to meetings to help the new comer.

I disagree with this part. I don't and didn't go to meetings just for the newcomer. I've heard people justify not sharing struggles at meetings because of the quote you just mentioned. Maybe you weren't saying that, Serenity. But I've definitely heard other members express that. For me, it's far more powerful to hear about someone who's sober and struggling and being brutally honest than it is to hear someone speak of a utopian lifestyle that I can't connect to. Obviously, it's also uplifting and hopeful to hear about the gifts of the program. However, reflecting back to my experience as a newcomer, I remember connecting to the addiction a lot more than to the recovery. As I got healthier, my outlook changed.

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Re: Glad to be here

Posted by LoveU,Hashem - 03 Jan 2018 23:41

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I love you, guys! Great discussions!!

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Re: Glad to be here

Posted by tzaddik212 - 03 Jan 2018 23:56

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Amazing, how loving Hashem, got you to love us.

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Re: Glad to be here

Posted by serenity - 04 Jan 2018 04:36

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Shlomo, I guess we are all newcomers to some extent. I still don't think we are disagreeing. Thanks again for sharing your thoughts.

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Re: Glad to be here

Posted by serenity - 04 Jan 2018 21:12

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Shlomo, It must be really nice to be in a place where there are a lot of meetings and fellowship. I spent some time in Texas and tried to make a meeting every day. They have a great fellowship out there. Some days had three meetings. Where I am we have one meeting a week and a large turnout is 10 people. We had 4-6 people at most for the first few years. I think there is about 14 people total in the fellowship here. I'm jealous of people in areas that have a lot of fellowship. I guess a lot if you guys would be in trouble in our neck of the woods here. Maybe I'm in trouble! Glad to be going to San Antonio soon for international!

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Re: Glad to be here

Posted by Shlomo24 - 05 Jan 2018 00:43

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Yeah, even though my fellowship doesn't have a meeting every day, it does have them often. I

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Re: Glad to be here

Posted by serenity - 26 Jan 2018 13:14

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Some things in life that are simple to other people are baffling to me. The 9th step promises me that I will begin to intuitively know how to handle situations that used to baffle me. I do see that promise coming true in recovery. Part if that for me is to reach out to others for guidance. In the past I may not have reached out to others for guidance. I was having trouble understanding the assignment for the course I'm taking. It doesn't necessarily occur to me to just ask the professor for help and even if it does I won't know the right way to go about it and at least 6 fears will jump

into my head about it. This was probably a simple and obvious situation for most people, but for me it isn't. Now in recovery the thoughts and actions come more readily. Growing one day at a time.

Next share about self centeredness, the animal soul and how important and center staged lust becomes in the life of an addict. (just a reminder for me)

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Re: Glad to be here

Posted by serenity - 04 Feb 2018 02:15

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When I'm in active addiction I become very self-centered. I'm not fully there for my family and not full engaged with them. My mind becomes preoccupied with my next fix. This places in a mood where I am irritated at my family and not present for them. It's a weird kind of self centeredness because the activities that are on my mind aren't even healthy for me. It's also a vicious cycle where I'm looking for my fix to relieve my stress and irritability but the fix itself causes me irritability and anxiety.

This is the nature of the animal soul. It's focussed on fulfillment of its wants, need and desires. In the perfect and intended state these desires and drives of the animal soul are necessary for human preservation and continuity. The difficulty arises when these drives are used to fulfill unintended purposes.

The self-centered nature of the animal soul often makes it difficult for a person to act in a healthy manner. The instincts and drive are so strong that once they are perverted they can be set on a powerful course and we alone may not have the power to correct that force. We are essentially trying to fight nature. We need to find a power greater than ourselves and that power is as simple as reaching out to a fellow struggler. The animal soul being selfish and self centered thinks and works for itself. The Godly soul on the other hand is selfless and can work for others. So when I work with another person the unselfish spirit within us can work together and reset the motives of the animal soul toward their intended purpose.

(Ideas taken from Tanya, 12 Steps of recovery and many people that I've learned from.)

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Re: Glad to be here

Posted by HakolMilimala - 04 Feb 2018 04:46

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Great piece.

An interesting point to add is that porn is in my opinion of the most animalistic things that exist in human society. A total disregard of the difference between man and animal.

If someone sees porn accidentally at a time when they're not desiring it and focused on recovery, or after they are finished, all of a sudden it seems crude, right?

Why doesn't this bother someone when they're going to get their fix?

You answered the question. They themselves are feeding their animal soul. So why would it bother them that they're watching something animalistic.

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