

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 - 09 Feb 2015 19:55

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Although this is alcoholism related, there maybe a lesson for any addiction. I caught a stomach bug and the symptoms match exactly what it was like to have a hang over after drinking. I feel lousy (understatement) and no sane person would intentionally create the situation that I'm in now. And yet I used to do it time and time again. I can forget at times the reasons I cannot drink alcohol. My current illness is a timely, compelling and harsh reminder of what happens to me when I drink.

I just remembered that I had a masturbation dream. In the dream I was going to stop myself and then I realized that it was only a dream. So I reasoned that since it was only a dream I could continue. But I decided that since I was aware I couldn't continue. I was afraid that if I didn't stop myself in my dream, who says I would stop in real life when some other rationalization would

present itself.

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 11 Feb 2015 04:19

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[newaction wrote:](#)

not that i am a philanthropist but i would like to help if i can.

newaction, again I am touched by your ahavas yisroel.

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Re: Glad to be here

Posted by serenity - 16 Feb 2015 05:40

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Time for me to get back focused on my step work. It's nice to try and help others, including people posting here, but I can't transmit what I don't have. I'm finding it emotionally exhausting to post on some of the threads here and I think that stems from my own co-dependency and other character defects. There are some people who are newish like me and even newer who I get a lot of chizuk from, not to mention the people who have been here awhile! On the other hand some people can drain you like an emotional vampire. It gives new meaning to genavas . It is small wonder how these people have so drained themselves to a point of despair. I guess I was and am like that to a certain extent myself.

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 16 Feb 2015 05:52

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Serenity, this itself is a growth opportunity. We all need to have an appropriate measure of give

and take and a combination thereof(actions which are both, either in a healthy way or symbiotic). The fact that a person can get exasperated with the giving means that he is giving more than he feels he can. It isn't anybody else's fault and nobody is responsible to take care of this for him. Nobody can and nobody is required to anticipate what your measure should be. This is an important lesson that a person learns in taking care of themselves. So the fact that you are honing in on your appropriate measure is yet another show of your ever flourishing growth. Keep up the good work.

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Re: Glad to be here

Posted by serenity - 19 Feb 2015 06:56

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Hello all!

Started step 4 today! Finally! Making a decision to turn my will and life over the care of G-d (Step 3) was something hard for me to conceptualize. I didn't think I could 100% honestly, fully and sincerely do that. But you know what, I can do that for today and that's all I need to do. One day at a time!

Thanks for tuning in.

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Re: Glad to be here

Posted by dd - 19 Feb 2015 07:48

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KUTGW!!!

and KEEP US POSTED!!!!

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Re: Glad to be here

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Posted by newaction - 19 Feb 2015 13:49

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You took the decision , you are in the game ; all the rest is bonus.

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Re: Glad to be here

Posted by serenity - 22 Feb 2015 21:40

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I buried an addict on Friday. I didn't know him that well, but I cried like a baby at his funeral. He was 21 years old, bright, likeable and had his whole life ahead of him. We often question whether or not we hit bottom, as if there is some rule that we can't get recovery before then. I think there is little doubt that he hit bottom. He was right down there in a deep pit as we covered him in dirt. I want to curse now, but I won't out of respect this site. What a \*\*\*\*\* waste. Of course, I believe that Hashem has a hidden plan and perhaps he fulfilled his purpose on earth. I don't think we have the luxury to say that about ourselves though. So I can keep digging until I'm so low that people start throwing dirt on top of me, or I can keep climbing and choose life.

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Re: Glad to be here

Posted by cordnoy - 22 Feb 2015 21:50

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Wow!

Hashem yaazor!

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Re: Glad to be here

Posted by dd - 23 Feb 2015 10:52

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Wow!!

Thanks Serenity for sharing and let me tell that's a real "????? ?? ??? ?????".

We could all use one of those every so often.

May we only share Simchas!!!

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Re: Glad to be here

Posted by serenity - 26 Feb 2015 05:46

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"I am Hashem your G-d, Who brought you out of the land of Egypt, out of the house of bondage.  
"You shall have no other gods before Me."

Which G-d is it that I shall have no other God's before? The One who brought me out of Egypt  
?????. The route word of ????? is ??? or straight a narrow path. These are my limitations that  
have put me on the narrow path of addiction. I have stayed on this path and have been  
constrained to the point that I have become slave in the house of bondage. I sunk to the lowest  
depths of tumah and Hashem brought me out. That is the G-d who I shall have no other G-ds  
before. The One who shlepped me out of my limitations and freed me from slavery. That is the  
G-d of my understanding and these are His attributes: (Pls forgive the cut and paste from  
Wikipedia R"L)

?????? Adonai — compassion before a person sins;

?????? Adonai — compassion after a person has sinned;

??? El — mighty in compassion to give all creatures according to their need;

?????? Rachum — merciful, that humankind may not be distressed;

?????????? VeChanun — and gracious if humankind is already in distress;

?????? ?????????? Erech appayim — slow to anger;

?????-????? VeRav chesed — and plenteous in kindness;

??????? VeEmet — and truth;

????? ????? ???????????? Notzer chesed laalafim — keeping kindness unto thousands;

??????? ?????? Noseh avon — forgiving iniquity;

????????? VaFeshah — and transgression;

??????????? VeChata'ah — and sin;

????????? VeNakeh — and pardoning.

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Re: Glad to be here

Posted by serenity - 01 Mar 2015 00:25

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I made a decision that I do not want to be the person that I was and that I want to grow spiritually and morally. Until I had that change of mind and of heart as to who I honestly was and who I wanted to be, there was no filter, chart, restriction on this planet that could stop me from acting out.

Thanks for listening, doing so is of service to me.

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Re: Glad to be here

Posted by cordnoy - 01 Mar 2015 01:54

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Great stuff!

If I start blackjack, it is extremely difficult to stop.

And forget about lust; if I get anywhere near there, I'm a goner!

b'hatzlachah on all levels.

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Re: Glad to be here

Posted by cordnoy - 01 Mar 2015 06:45

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[serenity wrote:](#)

I'm a compulsive gambler. So as you can see, between drinking, gambling and our disease, I . I stopped gambling on March 22, 1014 and haven't gambled or even touched a deck of cards since.

Thanks for listening, doing so is of service to me.

Now, I know they were drinkin' then.....

**Warning: Spoiler!**

was a real catch for my wife

but were they gamblin' as well?

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