

My life

Posted by Appearance - 25 Jan 2015 09:53

Hello!

I will be here to tell you that I feel tired all the way to recovery.

I know GYE (on another forum) for 2 years and I never could get to challenge 90 days.

Once a month I "need" fall.

Someone tell me, here in the past, that I need not satisfy the challenge of the 90, I just need to forget about it completely, but now I know the challenge and I can not take it off my mind.

I just can not!

When I feel empty inside I need to act, this being part of my life.

I honestly feel not have goal in life: one day I start something and another day I do something else. One day I want to be close to Hashem and another day I do not care what they want, just get away from him.

The truth is that when I stay close to him I feel good. Talk to him and ask for his help.

I often help fellow GYE tips, and I realize that I do not get these tips on myself, just when the desire strikes me.

For example. I say to a friend that he need to ask someone for help when he felt the desire to act, then, I myself do not ask for help !!

This will be on Shabbat or at bedtime.

Does having an emergency service 24 hours a day?

Do Not.

I feel angry because someone remove me, a friend I have in the past here.

He think (someone I do not know) that I be bad influence on my young friend and he advised my friend to continue not talking to me.

I never do any harm to young!

He be for me like my little brother. He help me more than I ever thought, yet he much younger.

For this, I give up and wanting to leave GYE, and I do what I want. Yes, I find the very things for which I blame lifetime.

It took more than 15 years acting and I feel tired of trying to overcome this.

I feel like I will never be unsuccessful in anything in life since I have six, seven years.

Since childhood my parents having to invest much effort in my I move forward.

Honestly, I need to stop the action because Hashem did not let me do otherwise. He locked up to me I go to this path, the way it is.

I know that the goal in life is to be close to Hashem and fulfill their ?????, but I want to approach him to leave the act but not to be "completely" frum. I leave what little I have ???? ??. This be possible?

I feel very lonely all the way to recovery.

I see almost no support. Not having seen someone ask me, I'm always the one to ask others like them to be. Why?

Did I annoy them with my comments and they do not want to know about me anything?

They are not interested in recovery?

Be possible for someone to GYE be your friend?

Someone to love you heart?

Thanks for listening.

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Re: My life

Posted by cordnoy - 11 Feb 2015 10:20

I am somewhat confused.

your wife knows about your issues, and wants it over with, but she doesn't allow meetings!? I

guess she expects it to go away by itself. that is a problem. seems she thinks it's trivial inconvenience that you can't overcome.

it's difficult to have it both ways.

b'hatzlachah

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Re: My life

Posted by newaction - 11 Feb 2015 13:56

Appearance hi , may i ask what is your native language ?

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Re: My life

Posted by serenity - 11 Feb 2015 14:05

Meetings is something we usually keep to ourselves until our sponsor or group advises on when to share it with out wife. Since you already told her, you should probably keep her in the loop, but if you truly are an addict you can't let her decide what you need for recovery. Find someone here whose wife is in SAnon that can talk to your wife, when she is ready. There are numbers on this site for local frum contacts for SA meetings. I recently told my wife I was going to SA and she told me to stop. I explained to her that the meetings are crucial to my recovery and that her fears about my anonymity being broken were unfounded. I also explained to her that the people in SA are just regular people; Clergy, Rabbis, Doctors, Lawyers, University professors etc. I would suggest that you talk to someone like Dov to see if SA is appropriate for you. You can PM him here or find his email on this site as well. I'm more than happy to talk to you as well, although I'm less qualified.

My email is gomu2serenity@gmail.com

Hatzlacha!

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Re: My life

Posted by serenity - 11 Feb 2015 14:09

I want to tell you that you will be amazed by the emunah the "Goyim" have in Hakodesh Baruchu. I have seen more simple faith in people in the rooms than in any of my Rebbeim throughout yeshiva. And that is not to minimize their faith, chas ViShalom.

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Re: My life

Posted by Appearance - 13 Feb 2015 16:53

[cordnoy wrote:](#)

I am somewhat confused.

your wife knows about your issues, and wants it over with, but she doesn't allow meetings!?

b'hatzlachah

Magically my wife let me go to the meeting.

She just wants me not to be late home.

In fact, I went yesterday for the first time.

I do not know really what to think about the meeting. I like to me. But I need to go and see how things go.

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Re: My life

Posted by Appearance - 13 Feb 2015 16:54

[newaction wrote:](#)

Appearance hi , may i ask what is your native language ?

Spanish

Yeah, I know. My English sounds broken...

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Re: My life

Posted by Appearance - 13 Feb 2015 17:09

[serenity wrote:](#)

I want to tell you that you will be amazed by the emunah the "Goyim" have in Hakodesh Baruch. I have seen more simple faith in people in the rooms than in any of my Rebbeim throughout yeshiva. And that is not to minimize their faith, chas ViShalom.

Thanks for your words.

Good to hear that.

You really think they have more ????? that we, the ????????

Even more than the big ??????

What makes you think you so?

Wow!

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Re: My life

Posted by serenity - 13 Feb 2015 18:50

I shouldn't have really made a comparison. Also I wasn't talking about "big ?????". I was just talking generally about my rebbeim in Yeshiva and I really don't have anything to gauge their emunah by. It's probably not helping my recovery to take the spiritual inventories of my Rebbeim. Since it's already been brought up though, it seems to me that we usually measured the emunah of our Rebbeim by their willingness to forgo material pursuits with the reliance that Hashem would provide for them, their outward fervor in Torah and mitzvos, or in other similar ways. I don't think I really had an opportunity to see their emunah expressed in every day or personal matters. What I have seen in the rooms of AA, by way of example, was a woman who shared that she had been complaining about her serious medical issues. In the meeting she came to realize that her complaints resulted from her lack of acceptance of God's will for her and her trust in Him. So that's all nice in theory, but She became emotional and cried over the fact that she hadn't fully accepted God's will for her. She seemed sincerely distraught over the simple fact that she created a distance between herself and Hashem. (I have seen her at many meetings and she doesn't get emotional over other issues.)

PS. The Rabbi's who honestly admit their character defects and give us strength and hope

That's one big upside of GYE. You have people who are obviously Talmedai Chachomim in the trenches fighting addiction. These are the Gedolim, no?

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Re: My life

Posted by newaction - 14 Feb 2015 19:31

Yo tambien soy de habla hispana . Te quiero desear exito en lo que te encomiendes. Los
Mucha suerte y exito !!!

Los meetings pueden ayudar bastante pero lo primordial es trabajar con tu propia persona. Hacer inventario, introspeccion y establecer lazos fuertes con D.ios. D.ios te puede ayudar en todo . Para llegar a esto hay proceder con los 12 pasos . Los meetings te podran ayudar. Te quiero desear todos los exitos amigo .

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Re: My life

based on their personal experiences, struggles and failings are the "big" ones in my book!
Posted by newaction - 14 Feb 2015 19:43

Serenity I understood what you meant the first time . But thanks for the explanation. This is a complicated issue Spirituality vis Religion . For the addicts spirituality is vital , a must . For the rest of the world its a luxury. We call it ?????? ??????. Most of the (jewish) world are concentrated in ?????? ??????. I hold that everybody addicts and non addicts alike would benefit endlessly from doing the 12 steps. KUTGW !!

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Re: My life

Posted by Appearance - 15 Feb 2015 07:10

[newaction wrote:](#)

Yo tambien soy de habla hispana . Los gringos se van a quejar que no me entienden , no establecer lazos fuertes con D.ios.

importa

Hola new action.

Wow.

Todo pensé menos encontrarme aquí a alguien que hable español. Ja ja ja.

Cómo:oops: le haces para establecer lazos fuertes con el creador?

No es sí te necesito acudo a ti y si no, no?

Gracias gracias gracias.

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Re: My life

Posted by Appearance - 15 Feb 2015 08:17

[serenity wrote:](#)

Meetings is something we usually keep to ourselves until our sponsor or group advises on when to share it with out wife. Since you already told her, you should probably keep her in the loop, but if you truly are an addict you can't let her decide what you need for recovery. Find someone here whose wife is in SAnon that can talk to your wife, when she is ready. There are numbers on this site for local frum contacts for SA meetings. I recently told my wife I was going to SA and she told me to stop. I explained to her that the meetings are crucial to my recovery and that her fears about my anonymity being broken were unfounded. I also explained to her that the people in SA are just regular people; Clergy, Rabbis, Doctors, Lawyers, University professors etc. I would suggest that you talk to someone like Dov to see if SA is appropriate for you. You can PM him here or find his email on this site as well. I'm more than happy to talk to you as well, although I'm less qualified.

My email is gomu2serenity@gmail.com

Hatzlacha!

Hello serenity.

A moderator suggested me to go the meetings.

In fact, I started two years ago with conference calls were unsuccessful for technical reasons (I do not mean GYE telephone meetings, at least not here).

I have my addiction since I was a teenager and I hurt myself enough.

15 years ago I'm not a teenager to follow

"????? ????? " ????? ?? ?????, ????? ??? ?? ???, ????? ????? ?"

/ My sins of adolescence (refers to MZL) and my misdeeds you do not remember , with your favors you remember me, for the good you do ? '.

I think I need to cure many resentments and much of my past and my present, still affects me to continue.

With regard to assistance for my wife, no help in my language. BH now she is supporting me.

I hope this continue for my recovery.

Thank you for supporting me.

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Re: My life

Posted by newaction - 15 Feb 2015 12:53

Appearance first if you read the Big Book , Alcoholics Anonymous you will find the answer to your question . It is in short (simple but no easy) going through all the 12 steps program ---step by step ---- . The whole idea is giving your will and self to a Power greater than you and let Him help you . Its all in the AA book.

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Re: My life

Posted by Hashivalisesonyishecho - 15 Feb 2015 15:55

Appearance, you have taken a courageous step that you never did before and that you thought was too hard for you to do.

AND YOU DID IT!!!

That's amazing. It looks like you have more strength of character than you realize. Keep up the good work!

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