

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 newaction - 26 Oct 2015 05:42

"We learned that we had to fully concede to our innermost selves that we were alcoholics

(lust-a-holics). This is the first step in recovery. The delusion that we are like other people, or

presently may be, has to be smashed " (big book,p.30).

So Appearance please answer with a yes or no.

Do you concede to your innermost self that you are a lustaholic ?

If your answer is Yes , you just did the first step.

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Re: My life

Posted by serenity - 26 Oct 2015 06:06

if only it were so simple

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Re: My life

Posted by Shlomo24 - 26 Oct 2015 19:02

I just went to a recovery conference with harvey and nancy and harvey said that very few are completely willing to have every ounce of lust removed from them. He said many people are completely willing to have the forms of sex be removed (at least one that constitutes a loss of sobriety) but this is a program about lust. so basically it's not too easy

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Re: My life

Posted by Bigmoish - 26 Oct 2015 19:18

[Shlomo24 wrote:](#)

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Appearance, you've been here before, if I recall. Stick around this time. Or don't. Whatever's good for you.

Welcome back, regardless.

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Re: My life

Posted by cordnoy - 26 Oct 2015 19:31

[newaction wrote:](#)

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So Appearance please answer with a yes or no.

Do you concede to your innermost self that you are a lustaholic ?

If your answer is Yes , you just did the first step.

Geez!

It takes us about several weeks goin' thru the first step.

Yelamdeinu Rabbeinu - what da hell are we doin' wrong?

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Re: My life

Posted by newaction - 26 Oct 2015 20:45

You tell me what da hell is wrong with what i posted ??

Is it a lie ? Does it contradict a truth ??

I honestly dont see the fuss .

The truth is if you or anybody can answer honestly yes to that question

he did step one. Not everything has to be long and complicated.

The fellow wanted to do step one , i just presented it in a truthful, direct and simple way.
Something wrong with that ?

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Re: My life

Posted by gibbor120 - 26 Oct 2015 21:08

I think they are just pointing out, perhaps too provocatively, that sometimes just "saying" yes is not necessarily the same as truly believing and accepting it. I "knew" for a long time that I could not stop on my own, but it was entirely different when I wrote out my entire acting out history (as much as I could remember) and shared it on dov's 12 step phone call.

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Re: My life

Posted by newaction - 26 Oct 2015 21:20

Well i knew that what i wrote i did it "provocatively".

I said concede in your **innermost self**

There is a lesson also in what i wrote. And a big one. Sometimes thinking and planning and speculating about doing a step can paralyze the person. Appearance is smart and truthful enough as not just to throw a yes.

Everybody here was caught by surprise but if you look at the big picture , Hillel was much more heroic than me when he taught the whole of 613 mitzvot to a goy standing on one foot, with just five or six words.

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Re: My life

Posted by cordnoy - 26 Oct 2015 22:30

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I didn't think i was bein' provocative, but if I was, i apologize; it was not my intention.

I like cuttin' to the chase. That is why on our call, we don't go off on tangents and we stick to the script and the task at hand.

That bein' said, i don't think at all that it is as simple as you make it. Many people don't even know what a lustaholic is. The first step is about a life bein' unmanageable. It is about powerlessness. It is surrenderin'. And more as well.

So while simplicity is good and respected, I don't think the affirmative answer to your question (which I have answered yes to many a time) allows one to 'graduate' to step two.

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Re: My life

Posted by markz - 26 Oct 2015 22:42

[newaction wrote:](#)

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Everybody here was caught by surprise but if you look at the big picture , Hillel was much more heroic than me when he taught the whole of 613 mitzvot to a goy standing on one foot, with just five or six words.

And when Hillel taught a few letters, the guy didn't have a clue the next day if he knew them correctly

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Re: My life

Posted by newaction - 27 Oct 2015 05:16

[cordnoy wrote:](#)

That is why on our call, we don't go off on tangents and we stick to the script and the task at hand.

This is Appearance's thread , no need to relate it to your conference call.

So while simplicity is good and respected, I don't think the affirmative answer to your question (which I have answered yes to many a time) allows one to 'graduate' to step two.

Think again and ask around that is all i can say.Hatzlacha

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Re: My life

Posted by newaction - 27 Oct 2015 05:37

[markz wrote:](#)

And when Hillel taught a few letters, the guy didn't have a clue the next day if he knew them correctly

Where did you get this ? In my gemarah it says that the next day he questioned Hillel on why is he teaching it backwards from yesterday's lesson. So he learned his lesson pretty well.

Let me enlighten you with your permission. in the mid 1940's and 50's and even later , the rate of sobriety from AA meetings reached and outstanding 75%-90%. Nothing as close as to today's rate of success. Which is by the way pretty low. In those times they had a beginner's program in which they will finish all 12 steps in four one hour sessions, that means once a month. You can read it yourself in "Back to basics" from Wally P.

The 12 steps and their spirituality is a work of a lifetime.

But "?? ?? ????? ??????" If you can answer an honest and truthful "yes" to the above posted question , you did step one. No need to resist this simple fact.

I wish you Hatzlacha in your journey whether you like my answer or not.

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Re: My life

Posted by cordnoy - 27 Oct 2015 11:40

[newaction wrote:](#)

[cordnoy wrote:](#)

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The point was mentioned to show that I agree with you that "less talk" is a preferable option.

Regarding asking around, that is what I do the entire day.

My apologies again, but we are at the point of agreeing to disagree.

B'hatzlachah

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Re: My life

Posted by newaction - 27 Oct 2015 12:33

No problema Cordnoy and no need to apologize .We are good.Hatzlacha.

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