

advice on taking on oa and sa at the same time

Posted by baruchhashemyomyom - 06 Mar 2015 07:38

Hi gye members,

My name is Baruch and I'm new to gye. Been clean for two weeks bh, but still struggling with my overeating. Wondering if anyone has had experience with both of these struggles together and has any good advice.

Thanks!

Baruch

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Re: advice on taking on oa and sa at the same time

Posted by doingtshuva - 06 Mar 2015 13:55

Welcome and keep up

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Re: advice on taking on oa and sa at the same time

Posted by baruchhashemyomyom - 06 Mar 2015 15:35

Thanks!

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Re: advice on taking on oa and sa at the same time

Posted by nekudatovah6 - 06 Mar 2015 15:58

I am a member of OA and I have found that recovery from food addiction makes it much easier to abstain from SA type problems. full disclosure: I am not a member of SA, but I do think joining

OA is a great idea. It's one of the best decisions I ever made.

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Re: advice on taking on oa and sa at the same time

Posted by improvementway - 07 Mar 2015 17:57

I'm not a member of any addiction anonymous group, but I feel and I've heard from many other people that fixing one bad habit (or addiction, just a naming thing) helps a lot with other bad habits. People report that after some abstaining from unwanted porn/masturbation/sex activity they become better in many other areas like workout, studies, healthy lifestyle, Tikun Hamidos and other areas. I believe that a progress in one front will help you a lot on the other one. I'm not an expert though, so let's hear from other fellows here.

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Re: advice on taking on oa and sa at the same time

Posted by cordnoy - 08 Mar 2015 02:03

Welcome,

Many here have stated that when they can't find an SA meetin' they go to an AA meetin', and vice versa as well.

b'hatzlachah on all

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Re: advice on taking on oa and sa at the same time

Posted by baruchhashemyomyom - 08 Mar 2015 04:09

Thanks! That's a very encouraging idea. I guess there is nothing to lose. Certainly by following the program I will improve at least one area, and hopefully more.

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GYE - Guard Your Eyes

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Re: advice on taking on oa and sa at the same time
Posted by doingtshuva - 08 Mar 2015 09:56

baruchhashemyomyom

R' A. Twerski once gave a Phone lecture on GYE and he said that someone who has several addictions, should go for each addiction to a different meeting.

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