

Poll: What was your Primary Source of Recovery?

Posted by cordnoy - 22 Nov 2015 02:44

There has been lots of chatter in various groups regardin' methods of recovery that truly work.

I would like to see the results of this (somewhat crude) poll; perhaps it might be beneficial for people.

Now, for the sake of this poll, let us say that "recovery" means over 100 days clean/sober by any definition.

Perhaps some would argue that this is not a true barometer, for that is not yet recovery.

True, but.....for the sake of this poll, we will do it this way.

A bit of explanation of the choices:

1. GYE - you never went to SA (and ya' never know; perhaps this can be used as a GYE ad).
2. SA - although you were on GYE and made headway, your recovery was based on the meetin's and sponsors.
3. Live People - perhaps you were on GYE and maybe you frequented SA, but it was the interaction with real/live people with known first names and last names that tipped you over the edge.
4. Other - please explain; was it a combo effect? Was it the readin' of the books? Was it mussar?

This is not scientific and perhaps will need to be redone.

The Dr. did somethin' similar recently, so perhaps he can add to this as well.

Thank you

b'hatzlachah

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Re: Poll: What was your Primary Source of Recovery?
Posted by cordnoy - 09 Mar 2016 00:55

Yesodi.....very well written.

Thank you

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Opening up GYE to "Klal Yisrael"?
Posted by Yesodi - 09 Mar 2016 01:40

[Yesodi wrote on 09 Mar 2016 00:38:](#)

- ...

At the "stylistic" level, this means the GYE forum very often uses a Frum, predominantly "Yeshivish," and I dare say also an "American Eshkenazi," style of language.

Thank you, @cordnoy, for understanding me.

BTW: maybe this is an appropriate place to raise my thoughts regarding the above stylistic issue.

Of course, it is perfectly understandable (and I guess also expected) that such a religious-based site, started and backed by Frum Jews, should take on such a "Frum" style and atmosphere. I not really suggesting otherwise on a practical level!

But nevertheless, I'm kinda "thinking out loud" now: IMHO, in a certain sense, it is quite unfortunate that this site projects **such an exclusively Frum and Yeshivish look-and-feel** to it, which most certainly makes it appear "**out-of-bounds**" to the majority of Klal Yisrael, who have sadly not yet fully-joined us in committing to a full life of Torah and Mitzvot.

If we see that significant number of secular Bnei Noach have begun "seeing the light," then surely many, many, of our fellow brothers and sisters inside Am Yisrael -- even if they might still define themselves as secular (or "Conservative" or "Reform" or whatever) -- have similarly decided that they need to seek recovery from this curse! **So, wouldn't it be nice if, somehow, at least part of GYE could appeal to them as well?** And perhaps, via this initial, limited, contact with the world of Kdusha, they could start discovering opportunities to sanctifying *other* aspects of their personal lives as well.

What do you think?

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Re: Poll: What was your Primary Source of Recovery?
Posted by Shlomo24 - 09 Mar 2016 03:17

They can if they want to. There is a member of GYE who is not jewish and he posts every day. There is also a very big mailah of having an identity and even exclusivity to an extent. GYE is very good at promoting comfort to those who want to seek it out. While I don't speak for GYE, I assume that the people who run GYE are frum jews who have most experience dealing with frum jews. GYE was started to address an issue that may be worldwide, but it was specifically for the frum community because of stigma and shame and whatnot.

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Re: Poll: What was your Primary Source of Recovery?
Posted by Gevura Shebyesod - 09 Mar 2016 03:26

I would add that there are plenty of less-committed Jews on this site too, it really doesn't matter)

And there is also a Yiddish site that has a more Chassidish flavor to it, a Hebrew site for Israelis,

as well as French and Spanish.

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Re: Poll: What was your Primary Source of Recovery?

Posted by markz - 09 Mar 2016 03:43

Yesodi,

IMHO in low level addiction to Porn and Mast like myself, if we take Gd out of the equation I'd never have looked to change my life, which is why there's more religious guys here than elsewhere

Acc to my little research the non jewish / irreligious world, Masturbation isn't condoned at all

A religious life with Hashem has granted me a better physical life, but I only came here bc of Hashem

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Totally separate sites for different languages

Posted by Yesodi - 09 Mar 2016 06:23

[Gevura Shebyesod wrote on 09 Mar 2016 03:26:](#)

And there is also a Yiddish site that has a more Chassidish flavor to it, a Hebrew site for Israelis, as well as French and Spanish.

Yes, and that raises another question/comment that I had:

IMHO, it's unfortunate that all these sites are "**totally separate.**"

I for example, have a separate login for this **English** site and for the **Hebrew** site. (So far, I've only been writing here, because I can type much faster in English, but I still like to read the stuff in Hebrew.) With the way things are now, I need to update my counter separately on both sites, which is a hassle.

Is there a technological limitation with the [Kunena](#) platform that caused this situation?

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Re: Totally separate sites for different languages

Posted by cordnoy - 09 Mar 2016 10:44

[Yesodi wrote on 09 Mar 2016 06:23:](#)

[Gevura Shebyesod wrote on 09 Mar 2016 03:26:](#)

And there is also a Yiddish site that has a more Chassidish flavor to it, a Hebrew site for Israelis, as well as French and Spanish.

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Is there a technological limitation with the [Kunena](#) platform that caused this situation?

I agree with this sentiment.

Perhaps there is a reason though.

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Re: Poll: What was your Primary Source of Recovery?
Posted by stillgoing - 09 Mar 2016 16:01

If i can bring the conversation back to this thread title for a moment, i'm a little confused. Whats recovery?

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Re: Poll: What was your Primary Source of Recovery?
Posted by Markz - 19 Jul 2016 16:56

[stillgoing wrote on 09 Mar 2016 16:01:](#)

If i can bring the conversation back to this thread title for a moment, i'm a little confused. Whats recovery?

have you discovered the answer yet. And how do you vote today

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Re: Poll: What was your Primary Source of Recovery?
Posted by stillgoing - 19 Jul 2016 17:44

No, Not yet. Nor do I remember what I meant when I wrote that post. Currently I don't know or care if I will recover, the importantly thing is that I get through today (gosh! I'm starting to sound like cords now). Things that have helped me have been, gye - mostly the forum, and the real live

people it has introduced me to.

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Re: Poll: What was your Primary Source of Recovery?
Posted by Markz - 19 Jul 2016 18:20

Perhaps you discovered the fragrance of recovery...

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Re: Poll: What was your Primary Source of Recovery?
Posted by cordnoy - 19 Jul 2016 18:35

[stillgoing wrote on 19 Jul 2016 17:44:](#)

(gosh! I'm starting to sound like cords now).

Is that a good thing or a bad thing?

Warning: Spoiler!

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Re: Poll: What was your Primary Source of Recovery?
Posted by stillgoing - 20 Jul 2016 00:59

[cordnoy wrote on 19 Jul 2016 18:35:](#)

[stillgoing wrote on 19 Jul 2016 17:44:](#)

(gosh! I'm starting to sound like cords now).

Is that a good thing or a bad thing?
Warning: Spoiler!

I'm ok with the way I sound now, but I'll admit, that when I first came to gye, I found all of the "I don't care - only today" thingy to be a little obsessive.

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Re: Poll: What was your Primary Source of Recovery?
Posted by eslaasos - 20 Jul 2016 14:17

[stillgoing wrote on 20 Jul 2016 00:59:](#)

[cordnoy wrote on 19 Jul 2016 18:35:](#)

[stillgoing wrote on 19 Jul 2016 17:44:](#)

(gosh! I'm starting to sound like cords now).

Is that a good thing or a bad thing?

Warning: Spoiler!

I'm ok with the way I sound now, but I'll admit, that when I first came to gye, I found all of the "I don't care - only today" thingy to be a little obsessive.

Me too, and to be honest I thought it was fine up to a point, but when taken too far becomes counter-productive.

Then one day one post hit me and it started to make sense. It's good to plan long term, but the only way to actually get anywhere is by focusing on today only.

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Re: Poll: What was your Primary Source of Recovery?

Posted by eslaasos - 20 Jul 2016 14:18

[realsimcha wrote on 09 Mar 2016 00:49:](#)

some of us might be heisa chasidim and some of us might be only marginally frum

Hey realsimcha, is heisa Litvish an option?

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