

Poll: What was your Primary Source of Recovery?

Posted by cordnoy - 22 Nov 2015 02:44

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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 Bigmoish - 20 Jul 2016 14:28

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If you're Litvish and starting to melt a little, you've probably been hanging with too many chassidim here.

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

Posted by mggsbms - 20 Jul 2016 14:54

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Ahem

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

Posted by ehrliche.bochur - 04 Aug 2016 05:24

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[Shlomo24 wrote:](#)

They can if they want to. There is a member of GYE who is not jewish and he posts every day.

The question why chiloynim would even care about shmiras einayim.

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

Posted by Shlomo24 - 04 Aug 2016 05:45

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I don't know if you're serious but it can't hurt to make this point: Non - Jews care about lust recovery for exactly the same reason I do. I have zero religious motivation to not act out. But when I act out, I am insane. I can't take care of my basic needs, I feel like complete garbage, I

put myself in danger, I can't be present, it runs my life, I'm dishonest with people, I'm not consistent, amongst many other things. None of what I mentioned has anything to do with religion. It's about living a healthy and productive life. Not about avoiding hell. For people who don't have it as serious, they might not... But they might because they realize by lusting after people they are objectifying them and not viewing them as humans. By watching porn they can be supporting an abusive industry, etc.

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Re: Poll: What was your Primary Source of Recovery?  
Posted by doingtshuva - 04 Aug 2016 09:40

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[Shlomo24 wrote](#): They can if they want to. There is a member of GYE who is not jewish and he posts every day. I know more than one here.

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Re: Poll: What was your Primary Source of Recovery?  
Posted by cordnoy - 04 Aug 2016 10:19

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[ehrlliche.bochur wrote on 04 Aug 2016 05:24](#):

[Shlomo24 wrote](#):

They can if they want to. There is a member of GYE who is not jewish and he posts every day.

The question why chiloyanim would even care about shmiras einayim.

I'm actually thinking of deleting this disgusting comment. As it probably came to many people's emails, I cannot sit idle without noting my utter distaste.

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

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Posted by doingtshuva - 04 Aug 2016 10:46

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[cordnoy wrote on 04 Aug 2016 10:19:](#)

[ehrlche.bochur wrote on 04 Aug 2016 05:24:](#)

[Shlomo24 wrote:](#)

They can if they want to. There is a member of GYE who is not jewish and he posts every day.

The question why chiloynim would even care about shmiras einayim.

I'm actually thinking of deleting this disgusting comment. As it probably came to many people's emails, I cannot sit idle without noting my utter distaste.

Cordony, you can delete if you decide so,

But maybe it's just the right time to **teach** those who don't know yet, that there are many goyim, cheloynim.... who have nothing to do with torha and gehenom and still remain sober.

SA and the 12 step program wasn't set up by Jews.

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

Posted by Markz - 23 Oct 2016 12:00

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[markz wrote on 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

What do you see here?

That I mentioned the same sentiment regarding Torah that you have.

So, yes, Torah is what compelled me to get Lust under control and was the driving force for me to login and join GYE TRUCKING

However it's not been the solution for me, even though I'm not an addict. I have been sober BH since starting GYE 14 month ago, and have never seen anyone in these forums getting sober with more Torah observance / learning, which is why none of us have recommended that to others for their recovery

[strong]The main point is this:

From my understanding, this website is designed for religious Jews, although we invite all nations of the world too. ~~Most~~ Many religious Jews that join GYE are doing so because of Torah observance. It's therefore pointless after they logon, to tell them they need more. They need something different than 'more observance / learning' to get to sobriety, even if they are not addicts.[/strong]

Also it can turn them off GYE if they see things that don't work for them being bantered about on GYE as recommendations for them - on the Forum or the Chatroom. We must maximize the

small opportunities we have to help our brothers with things that work

My 2 cents

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

Posted by Markz - 09 Nov 2016 17:18

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If you waited in line for 100 days as Cordnoy requested please close the curtain and cast yours

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

Posted by stillgoing - 25 Nov 2018 18:57

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It's interesting that gye is majorly winning the vote, but the impression that i get from most of the people here that I've "met" with long sobriety, say that gye was only the springboard (although very important) to bring them to the next level of sobriety. I wonder if the majority who voted gye was actually fooling ourselves that we are sober..... don't shoot - just a thought

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

Posted by Gevura Shebyesod - 25 Nov 2018 19:06

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The answer may depend on whether you define "sober" as "not acting out" or as "not needing/wanting to act out".

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

Posted by stillgoing - 25 Nov 2018 19:24

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[Gevura Shebyesod wrote on 25 Nov 2018 19:06:](#)

The answer may depend on whether you define “sober” as “not acting out” or as “not needing/wanting to act out”.

Yes, that's basically what I meant. I don't consider “not acting out” as being sober. My chart defines how many days I white knuckled. That's a dry drunk. not sobriety. no?

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