

Hi everyone! I'm new.

Posted by formywife125 - 18 May 2020 12:04

Hi- I don't want to post a big story here, because I don't know what is appropriate to share here. I decided I need support and an official counting of sobriety. I was in SA in the past, and had 2 years of "sobriety". I left SA for many reasons, but I know that I need a community, I need friends to stay well.

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Re: Hi everyone! I'm new.

Posted by starting - 18 May 2020 12:20

Welcome

You're at the right place. Plenty of support and a great group of friends
Thanks for having me!

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Re: Hi everyone! I'm new.

Posted by AnonyJew - 18 May 2020 12:38

Welcome to the community!

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Re: Hi everyone! I'm new.

Posted by yosef10 - 18 May 2020 20:17

[formywife125 wrote on 18 May 2020 12:04:](#)

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Thanks for having me!

Wow, 2 years.. Many of us dream of that. I'm sure leaving SA was a smart and well thought out decision, and it's great that your in tune of what you need. In terms of "posting your big story" baby steps, little by little, as I'm sure a pro like you knows. Like any community, the more we can help, and it doesn't really get more anonymous than this. So take your time, and welcome.

Also, may find it helpful to respond to others and subscribe with their threads so you can be involved in helping others. The more you become a regular on these forums, the more you feel connected. Some people have been here for years, working on themselves and helping others (which also helps yourself inevitably).

Aside from it being a real way to get involved int the community you ar eloping for, my requests are also a bit selfish... Someone who did SA and is sober 2 years I'm sure has a lot of advise to give.

So Hatzlacha Raba, keep posting, and most of all a BIG GYE WELCOME.

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Re: Hi everyone! I'm new.

Posted by Keseretein - 19 May 2020 03:44

I'm new too but - Welcome to both us! Maybe we'll meet again in some of these amazing forums... Hatzlacha to us all!

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Re: Hi everyone! I'm new.

Posted by formywife125 - 19 May 2020 04:06

Amen, thank you!!

I hope we do..

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Re: Hi everyone! I'm new.

Posted by formywife125 - 19 May 2020 04:07

Great, thank you

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Re: Hi everyone! I'm new.

Posted by formywife125 - 19 May 2020 04:13

[yosef10 wrote on 18 May 2020 20:17:](#)

[formywife125 wrote on 18 May 2020 12:04:](#)

Hi- I don't want to post a big story here, because I don't know what is appropriate to share here. I decided I need support and an official counting of sobriety. I was in SA in the past, and had 2 years of "sobriety". I left SA for many reasons, but I know that I need a community, I need friends to stay well.

Thanks for having me!

Wow, 2 years.. Many of us dream of that.

You'll get there for sure.

I'm sure leaving SA was a smart and well thought out decision, and it's great that your in tune of what you need.

That's what I think

In terms of "posting your big story" baby steps, little by little, as I'm sure a pro like you knows.

OK thanks. I'm not a pro at all.

Like any community, the more we can help, and it doesn't really get more anonymous than this. So take your time, and welcome.

Thank You!

Also, may find it helpful to respond to others and subscribe with their threads so you can be involved in helping others. The more you become a regular on these forums, the more you feel connected. Some people have been here for years, working on themselves and helping others (which also helps yourself inevitably).

I hear that. I don't know how much time I can spend on here everyday, but hopefully over the course of time I'll have been very involved.

Aside from it being a real way to get involved int the community you ar eloping for, my requests are also a bit selfish... Someone who did SA and is sober 2 years I'm sure has a lot of advise to give.

I'm more than happy to give my opinion...I'm not sure it's worth much to everybody, although there are definitely specific types of people and situations that I can be of help.

So Hatzlacha Raba, keep posting, and most of all a BIG GYE WELCOME.

Thank you for your time, effort, and connection.

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Re: Hi everyone! I'm new.

Posted by BHYY - 19 May 2020 04:18

Welcome! Kol HaKavod for being in touch with yourself and realizing you need a community. You're in the right place!

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Re: Hi everyone! I'm new.

Posted by benblum - 19 May 2020 13:04

Hello and welcome! Can I ask you for what reasons you left SA? If you had 2 years of sobriety, it seems that it was working. I would be interested to know what happened if it is not too

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Re: Hi everyone! I'm new.

Posted by Hashem Help Me - 19 May 2020 14:21

Welcome. It should be with hatzlocha!

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Re: Hi everyone! I'm new.

Posted by yosef10 - 19 May 2020 15:32

Wow, 2 years.. Many of us dream of that.

You'll get there for sure.

I'm sure leaving SA was a smart and well thought out decision, and it's great that your in tune of what you need.

That's what I think?.....etc

. And just know that someone who's been through what you have I'm sure can give over a lot of valuable tips, so be quiet with that "I'm just here like everyone else".... Give us some tips. Even posting once a week can make the difference.

Hatzlacha Raba on your journey.

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Re: Hi everyone! I'm new.

Posted by formywife125 - 20 May 2020 13:16

Amen, thank you!

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Re: Hi everyone! I'm new.

Posted by formywife125 - 20 May 2020 13:18

Thank you!

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Re: Hi everyone! I'm new.

Posted by formywife125 - 20 May 2020 13:26

Hi, thank you!

Please don't take this as a knock to SA. They are a wonderful group that helps MANY people. It's my OWN issues that made it incompatible. I do have philosophical issues with it, but they aren't important... getting free from lust is more. It just was very cult-like to me, with people quoting from the AA books like the Torah, and telling people that if it wasn't working for people in some way- they just have major "Emunas Chachamim" issues (Someone even told me that the black book is their chumash, and the white book their Mishna). That drove me nutz.

Again, many people love it. I just have emotional issues that were tremendously triggered there. I was sober there for a year, but then I was sober for another year NOT on the program. But my emotions are actually MORE important than my technical sobriety (even in regards to the addiction)! I do love the connection/social part of it. That was awesome.

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