

IF the 12 steps have not worked for you... let's get together for mutual support

Posted by boruch - 20 Jan 2009 19:22

Firstly, a word of introduction. Let us first all agree on what ought to be beyond reasonable discussion.

A) Rabbi Twersky is a zoche umezakkeh es horabbim, he has helped an overwhelming number of Frum Jews. We should all stand in awe of the number of frum Yidden that he has helped. He solidly and exclusively advocates the 12 steps.

The 12 steps is Worldwide the single most effective tool in countering alcoholism and many other addictions. Be very careful if you want to argue with success.

C) People usually do best with a system to change and the 12 steps is a highly developed system that has been practiced by millions over many decades with significant degrees of success.

D) We live in a World which minimizes the role of Hashem and the 12 steps follows the Rambam's prescription. The Rambam says that when you have a weakness in an area you do well to go to the other extreme. In a World full of kochi ve'otzem yodi --- the self-destructive illusion of being a "Master of One's own Destiny" the 12 steps are a vital and absolutely necessary counterbalance by going to the other extreme and focussing on man's powerlessness and G-d's all-powerfullness.

Secondly, the purpose of this post is not to create controversy.

The purpose of this post is not to debate philosophy.

The purpose of this post is not to prove any point or win any argument.

It should be reasonable to assume that anyone on these forums should have more important

things to worry about than any of the above.

This post is to help and support those who have significant difficulty with the 12 steps and have come to realize that the fault **does not ,as some would insinuate**, lie with either themselves or the way they have tried to implement the steps. This is the place for mutual support and the search for a better way.

Next a word of caution.

IF either the 12 steps are already working for you or if you have just started the 12 steps then this post is not for you for two reasons.

1) Providing excuses, chas vesholom, for anyone to stop doing what works for them to experiment with something else is not what this post is about. Chazal say "Ein sofek motzei midei vaday" --- an unproven approach is no substitute for an approach with a track record. Please do yourself a massive favor and go back to the 12 steps and ignore this thread.

2) If the 12 steps is working for you, then you should rightfully be a believer and as we say in Yiddish you will no doubt be "a geshvoirener chossid" -- or sworn afficionado. As such the chances are very strong that you will see any discussion of an alternative to the 12 steps as one of:

- a) Apikorsus -- Heresy
- b) Meabed atzom ledaas -- Willful self-destruction
- c) Daiyos Kozvos -- fundamentally misguided thinking
- d) Zich-op-narren -- self deception

If any of a) through d) approximate your attitude to discussion of a non-12 step approach then please do those of us who fundamentally disagree with you a big favor and ignore this thread.

You may sincerely believe that you are trying to be mekarev us but I warn you of the potential harm that you could bring on your cause of promoting the 12 steps. By refusing to accept the possibility of another approach you will almost inevitably come across as dogmatic, unthinking and yes, even brainwashed.

But even worse and far more serious by engaging us in debate you are taking a chance, however slight, that by engaging us in discussion you will chas vesholom find your own resolve weakened and none of us here on this forum can take any risk of that.

Chazal say, "Al taamin be'atzmecho", don't trust yourself. If you could trust yourself you would never have landed on this forum in the first place.

Please, Lema'an Hash-m -- for Hashem's sake, don't take any unnecessary risks whatsoever.

If we who believe that there is another way are really wrong let us learn from our own experience.

IF YOU REALLY DO BELIEVE IN THE 12 STEPS, THEN DON'T PLAY G-D. CHAYECHO KODMIN, YOUR OWN SAFETY COMES BEFORE OURS. LET G-D SHOW US THE RIGHT WAY. FOR THE SAKE OF ALL OF US PLEASE PLAY IT SAFE AND LET HASHEM HELP US.

However if you feel, as do many like-minded from Yidden struggling with addiction, that the 12 steps are not a good fit and/or that you have given them a good try and you have found that they do not work then you will gain strength from being able to freely share your reservations and discuss alternatives with those who will not tell you in stereotypical, patronizing, judgemental and cult-like fashion, "The 12 steps always work, it's just you, you didn't do it right".

You will gain strength from those who can show you that the finer nuances and subtleties of the claims of the proponents of the 12 steps are not as well thought out and immutable as their proponents would have you believe. You will gain strength from reading that beneath all the dogma there is a small amount of sloppy, complacent and unthinking conformism.

In the non-Jewish world there are many who doubt and criticize the 12 steps for all the wrong reasons. They feel uncomfortable and don't want to acknowledge the role of Hashem. This makes it difficult for a religious person to doubt the effectiveness of the steps. Don't they believe in Hashem?

Secondly the Frum Jewish World is very conformist (generally a very good thing) and since the most well-known and public face of addiction therapy is Doctor Twersky and he is totally devoted to the 12 steps it is very difficult from a Frum Jew to explore and advocate another approach.

And yet there is a silent and very significant group of Frum Yidden who for many reasons, most legitimate, are deeply skeptical of the steps and their place in Yiddishkeit.

This thread is your place.

So as a way to validate our beliefs and feelings let's begin with a possible framework within which to see the 12 steps from a "non-12 step" Torah perspective that simultaneously acknowledges the contribution of the 12 steps and yet sees the steps for what they really are, just one approach.

Just as many Roshei Yeshiva, Chassidishe Rebbes and Gedolei Torah who were contemporaries of HoRav Shimshon Refoel Hirsch insisted that as important as Torah Im Derech Eretz was for the Jews of Germany it was not a mainstream approach and was only a "horo'as sho'oh", an important method for those times, so too, many feel that Rabbi Twersky's approach and the 12 steps are a "horo'as sho'oh", but should not be allowed to stifle more traditional approaches that are more mainstream (if this shocks you, you were warned, please refer back to the reasons above why you should not have been reading this post).

But most importantly, if you feel as I and many others do, that the 12 steps are unduly monopolizing the discussion, stifling discussion and shutting down dissent, and that the proponents of the 12 steps are fundamentally unable to acknowledge and accept your feelings then this place is for you.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by Elya K - 25 Jan 2009 01:37

Bourch, I would invite you to read Rabbi Twersky's book, "Self Improvement?, I'm Jewish!!!!". I can't find my document but I have sources in the Rambam and in Shaarei Teshuva that are the same as the 12 steps. I will be happy to give you those sources. My point is for me, I needed the Torah backup to believe that I could recover through the 12 steps. Otherwise I was very uncomfortable in the groups and saying all the prayers, etc. You can read these Jewish sources all you want, but unless we have other people to share with and speak to, to let out our shame and guilt, it won't work.

I have someone who I sponsor, not in a 12 step program (someone on this forum) who has never been to a 12 step program and has been clean and sober now for 4 MONTHS just by talking his story and his shame out to me and having discussions. So you are correct, it can be done without the 12 steps. BUT it took the courage to get on the phone group and listen to a certified WOMAN (omg!!!) counselor tell him that if he stopped for 90 days, the neuro pathways in his brain would change and it would get easier. And I believe he will confirm this as being true.

We can all intellectualize all of this until Mashiach comes but what is important to me is that we all help each other get better, sober and recover. That means living a life which is consistent with our own inner core beliefs and those of Hashem and Yiddishkeit, where we can handle disappointments and challenges without acting in our addiction and face the world proud in knowing ourselves.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by battleworn - 25 Jan 2009 11:41

Dear Boruch,

First of all, I have noticed many times on this thread that you are being misunderstood. So I just want to sympathize.

Secondly, I have a big problem with your claim, that "they" don't put responsibility in the forefront. I think it's very clear that if that was true, they would not succeed at all! It's obvious from the Torah, from "seichel" and from observation, that if you don't take full responsibility, you won't get anywhere. In-fact you won't even get any Siyata Dishmaya at all.

It's possible that the author wrote it that way for religious reasons, while in practice they do emphasize taking responsibility.

Or, for all I know, maybe soon after he wrote it, he made a change in his philosophy without changing the text.

But it just plain can't possibly be, that they are *mizalzel* in this issue. It's like saying that they're making bread without flour.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by boruch - 25 Jan 2009 12:31

[me wrote on 24 Jan 2009 20:35:](#)

I can tell you now personally, and halachachly, that today in our dor, we don't have time to look for chachomos. And, all of the great mussar seforim of the Rishonim, are way above the heads of most of us.

I am not looking for chochmos at all. This is a personal journey that you can follow on my Wall of Honor journal. There I will post messages that are very easy to relate to, very easy to implement. Messages that are not coming from someone who has only treated people with addiction but never suffered from it himself, in other words someone with no personal experience of addiction. You can read messages from someone fighting addiction right now and documenting for others how they too can do the same, regardless of their background.

Now you are certainly correct that not everyone has the ability to apply the words of the Chachomim to their addiction. You may wonder what makes me think I am qualified to attempt to take Chazal and create a system. Here's the answer. Hashem has been very good to me. He has given me Rabbeim in Mussar who are unparalleled. He has given me understanding of the words of Torah far beyond my level of intelligence and far beyond any merit on my own part.

Of course you are entitled to ask why, if I have a system that works, why was I succumbing to addiction as recently as last Monday? The truth is that what I know today I have known for a long time but, such is man's ability to delude himself that it was not until last Monday that I realized that I really was addicted. Until then I made excuses, Yetzer Hora, stress, occasional lapses etc. When I discovered last Monday that I was indulging in forbidden activities and was unable to pull away despite very important scheduled commitments that I just let lapse I knew that I was addicted. At that point I knew that half-hearted measures would not work and I am now applying everything that I have on every level to break this addiction.

Here is just one example of how I am using every aspect of my being and personality to fight this fight. I joined this community because by nature I am proud and competitive and I knew that in addition to all the support I could get here I would get even more by fighting the good fight in the most demonstrative way, without pulling any punches.

I could have made all the points I have made thus far with less fanfare and less noise. I could have left out half of what I wrote here and there would still have been much for people to read. I could have avoided ruffling feathers. I didn't have to explode onto the forum in the way I did. I could have, from the outset, explained very carefully how far from being what, at least until now, must have seemed like a brash and bravado attempt to smash addiction, I am actually engaging in a very deliberate, well considered, strictly choreographed and carefully orchestrated strategy. And yet, precisely because of my personality, I deliberately did not do so, in order to "set myself up" so that I would put my self-image and self-respect so much on the line that indulging in my former addiction would be the last thing in the World that I want to do.

Habo leTaher messayin oso min Hashomayim and Chasdei Hashem so far it is working far beyond any expectation. Over the last 38 years I have stopped many times for varying amounts of time, but now, for the first time in my life, B"H, even though it is still less than a week but for the first time in my life I am avoiding my addiction like the plague.

My journey on this board is not just for myself. It is for us all. I am here to show everyone that they can do it too. Let them follow my log and join me in the fight against addiction.

[me wrote on 24 Jan 2009 20:35:](#)

Yes, they may be good for chizuk, and I do believe that the Lamed Vav tzadikim who are so far far away from this filthy disease, they can understand and grow from these holy seforim. They can fine tune themselves, and understand the minds and neshomos of great rishonim.

It is very sad that so many good Jews as yourself were never taught Torah in a practical and ready-to-implement way, so that they would understand that Torah is for much more than chizuk. Torah does the complete job and it does it in a way that is far superior to anything else that is out there.

[me wrote on 24 Jan 2009 20:35:](#)

This means, every, (almost) every way that a yid can stay clean for just one more day, or What ever it takes for him to get out of the sewer, no matter what (almost) helps him to do it. He is mechoiv to do it. No matter how silly or how stupid the thing is that he is doing. If it will help him, he must do it-try it, and NOW. Even if it is a placebo affect and not real. If he doesn't do it,(when there just might be a chance of success, then HE is the one responsible.

If you had read everything I have posted here on this thread you would see that I agree with you entirely. You can only use what is out there. Anyone who is currently using the 12 steps with success, keep it up. Ein sofek motzei midei vaday... you are not guaranteed that you will get the same from the approach that I am describing here and so just keep going.

If anyone has not yet started the 12 steps, or is not happy with their results then in my opinion don't waste any more time on an inefficient and poorly designed method, you'll do much better joining us here on this thread and on my log and together we'll get the results the 12 step people can't even dream of.

[me wrote on 24 Jan 2009 20:35:](#)

We are in a dor where we have no more time left for Chachmos. Only for results....no matter what it takes, (almost).

We are living in a dor of "Ais La"Osos."

That's why YOU should start reading my log on the WOH and follow it daily beginning right now.

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Re: IF the 12 steps have not worked for you... let's get together for mutual sup
Posted by boruch - 25 Jan 2009 13:14

[guardureyes wrote on 23 Jan 2009 14:22:](#)

Baruch, I really don't think we are disagreeing at all. You already acknowledged that we need Hashem, and I already acknowledged that we also need to take full responsibility and do all we can to stop. So what is the disagreement here? Which one comes first? I think they go hand in hand. Like I said before, it's the chicken or the egg scenario.

You want the disagreement? I say that it is impractical, wrong-headed and bad to begin by saying I am powerless and cannot manage. Hashem can. He should do it for me.

While I can agree that all of those statements have truth to them they make a very misguided way to fight addiction.

Looking at the history and theology makes it much clearer.

The Oxford Program had a good reason to target their ministry at alcoholics. Rav Shimshon Refoel Hirsh explains that to serve in the Beis Hamikdosh, kohanim had to be at their peak strength, between 30 and 50, and had to be physically complete. He explains that other religions particularly Christians fill their pews with the old, sick and infirm because they prey on the needy as they are the easiest to draw in to their religion. Judaism however does not do this. We have to appeal to the young, energetic and successful.

Now let's get back to the Oxford Program. Their religion was based on total submission. Not a very easy sell in the US with it's success driven message. And so, without much of a natural constituency among anyone living life normally here in the US they took their message to the most desparate. The alcoholics. Those who were at the edge of despair. And they succeeded in persuading them to join them in surrender.

But, they were Christians and had not learned Chovos Halevovos. They did not know that there are two forms of submission to Hashem. Anovo and shiflus. Rabbi Avigdor Miller Zt'l explained that shiflus is lowliness, typically found in animals, like a big strong bull who, subjugated, submits to the will of a young boy with a stick, because it is too unintelligent to realise it's own strengths. That is not the type of surrender that Hashem wants. That is the surrender of the weak and the desperate, that is the surrender of the Oxford Program and it is not very meaningful.

Anovo on the other hand is only found in people and involves a person recognizing all of his strengths and potentials, recognizing that Hashem has given him the free will and ability to change the World and Destiny and with all the recognition, out of strength he surrenders to Hashem. Not because man is weak and powerless. But because strong as he is, the only being with free will and holier than Angels, man is still absolutely nothing compared to Hashem's absolute Awesomeness, Power and Might.

So you have two ways to begin the fight against addiction, one that in its essence (yes, you can twist yourself up like a lokshen, ignore the history, ignore the message and tone that the words emanate, launch massive apologetics and explain it all away, but you only fool yourself, you are not going to fool me and BE"H you will not be able to fool many other readers) in typical Christian style preaches weakness, capitulation and shiflus. And you have a Torah approach that preaches strength and potential and a recognition of the Might of Hashem that comes out of strength. That's one of the many reasons that I say the 12 steps system is very dumb. If you

agree with me then I am most gratified.

[guardureyes wrote on 23 Jan 2009 14:22:](#)

I just think that the core of the 12-Steps are yesodos that we all need to use, and since it has such a good name and so much success - and Rabbi Twerski backing it, we here at GUE encourage people to learn it, join groups (since there anyways aren't Torah groups yet) and use the Yesodos therein, as well as the group support it comes packaged with.

I am not expecting you to stop recommending the 12 steps in favor of a Torah approach that is still in the making. I do expect, however, that if when BE"H 90 days are up on my WOH, Rabbi Twerski were to come on here to the WOH on this forum, he would warmly endorse the Torah approach developed here, not just because it's right, not just because it works but because it is such a perfect fit with his own message of self-esteem.

[guardureyes wrote on 23 Jan 2009 14:22:](#)

If you want to start Torah based groups, I am fully behind you. Just agree with me on one thing. As much as we need to do our full hishtadlus, at the end of the day - it's Hashem that does the fighting. Hashem Yilachem Lachem, Ve'atem Tacharishu. Lulai Hashem Ozer Lo etc...

Unlike kriyas Yam Suf and as is explicit in countless places in Chazal, in the fight against the yetzer hora, ki setzei lamilchomo al oyevecho -- when you go out in battle against your enemy -- it is we who go out in battle, it is we who turn out of strength to Hashem and it is He who then helps us conquer the Yetzer Hora.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by boruch - 25 Jan 2009 13:38

[Elya wrote on 25 Jan 2009 01:37:](#)

Bourch, I would invite you to read Rabbi Twersky's book, "Self Improvement?, I'm Jewish!!!!". I can't find my document but I have sources in the Rambam and in Shaarei Teshuva that are the same as the 12 steps. I will be happy to give you those sources.

You do not need to bother, I am very intimately familiar with everything you are referring to, but much as I try to explain it to you, I am not succeeding very well in getting my point across and I will take the blame. That said, perhaps if you read my response to Guard above you will begin to understand what I am talking about. The issue is not whether there is truth in each of the individual statements in the 12 steps. Of course there is.

But there is a lot more truth in the statement "Reshoim go to Gehinnom" than in any of the 12 statements in the 12 steps and yet I would not recommend making that the first step in a program to beat addiction. I would make that maybe number 9, 10, 11 or 12. So, hopefully you are beginning to get the idea.

[Elya wrote on 25 Jan 2009 01:37:](#)

My point is for me, I needed the Torah backup to believe that I could recover through the 12 steps. Otherwise I was very uncomfortable in the groups and saying all the prayers, etc. You can read these Jewish sources all you want, but unless we have other people to share with and speak to, to let out our shame and guilt, it won't work.

Elya as you have said there is nothing personal here. I have nothing but unqualified admiration for you, Guard and the many heroes on this board and I stand in awe of all of you. I am on this forum precisely to get the group support that you are talking about (for me group support just takes a different form than most) and I pray to Hashem to help me organize "Giborei" (Giborei Koach) groups in the way that I described earlier on this thread.

[Elya wrote on 25 Jan 2009 01:37:](#)

We can all intellectualize all of this until Mashiach comes but what is important to me is that we all help each other get better, sober and recover. That means living a life which is consistent with our own inner core beliefs and those of Hashem and Yiddishkeit, where we can handle disappointments and challenges without acting in our addiction and face the world proud in knowing ourselves.

Nothing abstract or intellectual here, I invite you and everyone else reading this thread who thinks that it's all intellectual gymnastics to follow my log on the WOH daily, messages from someone currently fighting addiction right now and someone documenting in real time for others how they too can do the same.

That should not be too theoretical for anyone. See you over there.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by boruch - 25 Jan 2009 14:20

[battleworn wrote on 25 Jan 2009 11:41:](#)

Dear Boruch,

First of all, I have noticed many times on this thread that you are being misunderstood. So I just want to sympathize.

battleworn, good for you for getting what the others missed. As far as the sympathy, it is much appreciated but you would be better saving it for those who need it a little more. In case you

have not yet noticed I am enjoying all of this immensely. It may sound a little self-centered but as I will B'ezras Hashem -- with Hashem's help explain on my log in due course, you need to learn how to co-opt the yetzer hora and get him to join forces with you in the war against addiction.

[battleworn wrote on 25 Jan 2009 11:41:](#)

Secondly, I have a big problem with your claim, that "they" don't put responsibility in the forefront. I think it's very clear that if that was true, they would not succeed at all! It's obvious from the Torah, from "seichel" and from observation, that if you don't take full responsibility, you won't get anywhere. In-fact you won't even get any Siyata Dishmaya at all.

Oy vey. I spoke too soon. Now you too have misunderstood me. Maybe the thread is getting very long and there are a lot of words here. But I made that very point myself and even more pointedly than you did. If the 12 steps didn't advocate responsibility then they would give them over to Hashem to do the 12 steps!!!

So let's make it much simpler. 12 steps are steps they are not statements. They are a program. A program needs to choose its messages and format wisely. If there were any wisdom at all in the 12 steps the program would begin with the very first step being a statement expressing in the clearest language I take responsibility for my addiction. Not yet convinced, go over to my log on WOH, if you have not yet done so, and even if you have already done so, don't stop there, follow the whole thing for the next 12 weeks. Then we'll talk.

[battleworn wrote on 25 Jan 2009 11:41:](#)

It's possible that the author wrote it that way for religious reasons, while in practice they do emphasize taking responsibility.

Or, for all I know, maybe soon after he wrote it, he made a change in his philosophy without changing the text. But it just plain can't possibly be, that they are *mizalzel* in this issue. It's like saying that they're making bread without flour.

a mechaye!!! tirutzim and peshotim taytsching op pshat in the Born Again Christians!!! If only they knew, they would really kvell!!!

Seriously speaking, as mentioned earlier in the thread the author of the 12 steps, Bill Wilson, known as Bill W wrote that he took the system of the steps straight from a Born Again Christian group called the Oxford Program who had helped him with his alcoholism. So the question is not on Bill W it is on the Oxford Program. If you are really interested in understanding why they didn't make responsibility a central step and why they didn't verbalize it, it's because their real agenda was less healing alcoholics than proselytizing alcoholics who were most vulnerable to the central message of their religion -- powerlessness and submission. Beginning the steps with a clear message of taking responsibility doesn't fit so well with the powerlessness bit and so while of course they believed in responsibility they didn't want to verbalize it. See more details in my response to Guard above.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by UTS - 27 Jan 2009 03:11

There are many highly intelligent people on this form.

I would just like to say something poshut again. Someone who is trying to keep all of the torah, and that includes more than some people may admit, Kedsoshim Tehiyu comes to mind, will be following the Steps automatically, or at least to the extent that they are indeed in the torah. Right? This idea is an oversimplification, but nonetheless worthy of consideration at least.

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by UTS - 27 Jan 2009 20:30

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It is very severe to think of Torah while in the bathroom releaving oneself, YET, I saw in the

sefer Taharas Hakodesh, that if the Yetzer starts filling one's mind with tumah, then even there it IS permitted to think in learning. WE see how severe this addiction is, and at what costs we are expected to take, in order to avoid it.

And the frummer, (the Y"H) will come and say, "what, to think in learning in the bathroom"?? So, in this case, who is the frummer, and who is the chachom?

[/quote]

This business of "addiction" can get carried too far. I saw something similar (it may have been the exact same thing.) somewhere - about the permissibility of thinking of divrei torah to chase away these thoughts

even in a place in which that otherwise would be prohibited. This applies to anyone, not just addicts, and one who finds himself thinking these thoughts does not have to be an "addict". [Nevertheless if someone is helped by considering himself an addict I would not recommend not doing so, [b]if [b] the benefits outweigh the negatives.]

Also what was that you said about "Chochmos"?

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by boruch - 27 Jan 2009 22:51

[Chazak wrote on 27 Jan 2009 03:11:](#)

I would just like to say something poshut again. Someone who is trying to keep all of the torah, and that includes more than some people may admit, Kedsoshim Tehiyu comes to mind, will be following the Steps automatically, or at least to the extent that they are indeed in the torah.

Right? This idea is an oversimplification, but nonetheless worthy of consideration at least.

Go visit my posts on the Wall of Honor... I am not following the steps at all (obviously) and am doing just as much kedoshim tihyu as anyone else on there...

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by UTS - 27 Jan 2009 23:39

Boruch,

I am reading your posts. Slowly though. I can't read them too fast for fear of missing the meaning. They are written well, diplomatically (because this site is about the 12 steps), and quite thoroughly cover the issues. They deserve to be read with a clear head. I don't know who is right about this issue of the TS, maybe everyone who has thought it out honestly is, but I wish I could write (and think) as well as you.

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Re: IF the 12 steps have not worked for you... let's get together for mutual sup
Posted by the.guard - 28 Jan 2009 00:35

If you can't write and think as clear as Boruch, stick to the 12-Steps. They are *Shava Lechol Nefesh*. That's the beauty of them. Boruch's approach may be better and smarter, but you have to be a brilliant person with iron will, for it to work. In today's Chizuk e-mail (#391) we presented a ten step program that is FRUM - and essentially the same as the 12-Steps, just in different words :-)

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Re: IF the 12 steps have not worked for you... let's get together for mutual support
Posted by Elya K - 28 Jan 2009 03:50

You gave away my secret.

References to the 12 steps in Shaarei Teshuva, written by Rabbeinu Yonah

Step 1: Perek 10 Ikar Harishon Perek 12 Ikar 3, Perek 16, Ikar 5, Perek11 Ikar 6

Read the entire Ikar 9 on Lust.

Step 3: Perek 29, Ikar 8

Step 4: Perek 36, Ikar 11

Step 5: viduy - Yom Kippur

Step 8: Perek 44, Ikar 16

Step 9: Perek 35, Ikar 10

Step 10: Perek 48 Ikar 18

Step 12: Perek 50, Ikar 20

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Re: IF the 12 steps have not worked for you... let's get together for mutual sup
Posted by boruch - 28 Jan 2009 21:15

[guardureyes wrote on 28 Jan 2009 00:35:](#)

If you can't write and think as clear as Boruch, stick to the 12-Steps.

That's a cute one. Good old sleight of the hand there...

So now you really see it coming, yes, sure enough, here it is, the Mr Nice Guy bit was nice while it lasted, because you better believe it, boruch's tiger is about to re-emerge with a vengeance, Vesuvius is about to erupt, Nagasaki and Hiroshima are nothing compared to...

Jokes aside, I do have a massive bombshell for this forum, and that is probably an understatement. I have a bombshell unlike anything that I have posted until now.

I have one sentence to say here and I will explain the rest in a separate thread. Yes, this thread will continue to focus on an approach that is free of the 12 steps and an approach that is far superior to the 12 steps. That said, and here comes the bombshell...

But let me first make something very, very clear (I am sorry to build up the suspense but I really have something important to say first). I say this in the most categorical terms, I have not in any way changed my opinion on *anything* I have written in this thread. I may have tamed the tone, thanks to the good advice of Guard and Ano, but the opinions and the underlying passion are unchanged. And what I am about to do does not come out of any crisis, desperation or surrender.

That said, I have taken someone's advice (I got the advice last night) and I have made specific arrangements and scheduling to participate, at least once, in the very near and immediate future in a secular group that meets regularly and works on sexual addiction using the 12 steps.

Interested in more? I'll post shortly on a different thread in this What works for me board.

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Re: IF the 12 steps have not worked for you... let's get together for mutual sup
Posted by the.guard - 28 Jan 2009 21:31

That IS a bomb Shell. Good on you.

However, here's some advice (and if you don't agree with it, don't bother going - in my opinion):

- 1) Don't go with pre-defined notions or greivences. Leave your heart and mind OPEN.
- 2) Don't go with the intention of seeing what you can find WRONG with it.
- 3) Take the kid gloves please. They don't like tigers running loose over there :D.
- 4) Remember that Rabbi Twerski, who you wrote is an "*Adom Gadol Me'od*", is a strong advocate of the program.
- 5) And one last thing, they say it takes at least 6 meetings to really see if they are for you.

So good luck and keep us posted.

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