

a religious recoverer

Posted by lavi - 09 Nov 2015 05:37

hello everybody, it's Lavi.

most of you don't know me, and it probably wouldn't help you either.

i was active on gye around a year ago, and since then i only pop in here and there.

my self diagnoses was a mild! addiction to lust and more strong addiction to movies,

i have chatted to a few vip's from this site, who have opened my eyes about the true nature of addiction. nevertheless i am not your typical addict, and it may well be that my problem is only borderline addiction, and in any event , i don't claim to understand a lot of people here.

i am writing to express my own feelings on recovery, which i have b'h made some headway, i had a few months clean, and weeks here and there.

a small disclaimer; i realize what i am going to write will NOT resonate with a lot of people and is possibly against mainstream recovery.

the idea of serenity/stability/recovery, being the most important thing in the world, doesn't work for me. i need it to be a religious issue, or it doesn't matter so much to me. life is only as valueable as my connection with Hashem.

i do however realize the importance of removing undue pressure in recovery, but for me i find it helpful to realize that the more i remove myself from shmutz, the more i can connect to Hashem. which is the ultimate goal for me.

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Re: a religious recoverer

Posted by cordnoy - 17 Nov 2015 00:03

[waydown wrote:](#)

I am asking the following. I think its pretty clear that percentage wise more frum jews join SA than other sects.

Once again, hypothesize all you want, and perhaps there's merit in your logic, but please, don't make up statistics: I have been to many sa meetin's and I never saw a Jew, let alone an orthodox one. Yes, there are in Lakewood, and in Brooklyn and Monsey, but there are in thousands of other cities, and some of them don't even have a Chabad (meanin' there are hardly any Jews there).

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Re: a religious recoverer

Posted by cordnoy - 17 Nov 2015 00:09

found this:

In an effort to combat the effects of terminal uniqueness, I thought it might be interesting to provide a few lists (absolutely and completely non-scientific and 100% subjective) of the folks who show up at Sexaholics Anonymous meetings. I've been to a lot of meetings and I've met a lot of recovering sexaholics. This is the makeup of the people I've seen there.

If you have a "little porn problem" but don't find yourself on any of these lists, well, you should write a book about it! Congratulations! Now your job is to help the rest of us. Help us overcome this thing that is destroying our lives. Or maybe give this whole idea of terminal uniqueness some serious thought.

Without further ado and in no particular order:

Top Five (or So) Religions in SA:

Catholics

Mormons

Other Christians of all shades including evangelicals, Baptists, Methodists, Episcopalians and quite a few other denominations

Jews

Muslims

Hindus

Buddhists

Those who are “spiritual but not religious”

Casual believers in some higher power

Agnostics

Atheists

Top Five (or So) Jobs, Professions and Occupations in SA

Doctors from surgeons to psychiatrists

Lawyers whether litigators, government, private, small-firm, big-firm, family law, criminal law, transactional, etc.

Teachers (primary, secondary and higher education)

Truck drivers, bus drivers, mechanics

Office workers

Programmers, IT

Artists, photographers

CEOs, officers and executives

Self-employed

Entrepreneurs

HR

Writers, authors, bloggers

Full-time and part-time workers

Unemployed

Retired

Top Five (or So) Educational Backgrounds in SA

PhDs

MDs

JDs

MBAs

BSs and BAs

AAs

High School diplomas

Less than high school diplomas

Self-taught

Not Quite Top Five Priesthood Offices of Mormons Who Attend SA

Elders

High priests

Priests and prospective elders

None

These are useful lists for me because I find myself on each of them. There are other guys at SA just like me. I am not unique. I am a recovering sex addict just like a lot of other

people.

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Re: a religious recoverer

Posted by eslaasos - 17 Nov 2015 00:18

I'll try to ~~answer~~ respond point by point.

[waydown wrote:](#)

Eslasos,

I am asking the following. I think its pretty clear that percentage wise more frum jews join SA than other sects. What is it that drives frum jews to join SA?

I have no idea about the statistics. Do you have a source?

If its the fact that our rules are stricter aren't our rules stricter because the torah teaches us whats more moral. Thus breaking those strict moral rules makes our life more unmanagble (whereas your secular individual deosnt feel low about masterbating thus life is not unmanagbel to him). So in essence our strong moral values bring us into SA?

My meaning was only that we have more restrictions. There's a cliché called Catholic guilt the same as Jewish guilt. The guilt can be a factor in making life unmanageable, but it's not productive, and I suspect may not be what Hashem wants from us even if it was productive.

Lastley why can't we incorporarte it into our recovery?

That's a humdinger. There's got to be a hundred people here who can answer that better than I, but here's my 2 cents.

I have a feeling that we are not only spiritually but also emotionally weaker than previous generations so guilt tends to become counter-productive.

A component of lust addiction is being self-centered which precludes a connection to the Torah that is strong enough to influence our behavior. So first we have to get rid of the parts of our character that interfere - selfishness, fear, resentment. Once those are out of the way, then we have a chance of implementing the values we were taught.

Additionally, those negative traits are what drives escapism, so it's a double whammy.

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Re: a religious recoverer

Posted by cordnoy - 17 Nov 2015 00:22

[eslaasos wrote:](#)

Enough philosophizing or Cordnoy won't let me back into his calls

At this point, I'll let anyone back on the calls - even me!

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Re: a religious recoverer

Posted by eslaasos - 17 Nov 2015 00:24

[cordnoy wrote:](#)

[eslaasos wrote:](#)

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At this point, I'll let anyone back on the calls - even me!

B'karov.

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Re: a religious recoverer

Posted by Shlomo24 - 17 Nov 2015 00:25

I appreciate ur point cordy, and i may be wrong, this is my speculation and experience. I also feel defensive based on ur posts. my feelings aren't ur problems and it's probably my s*** that is causing these feeling but ur all inclusive post i feel was directed at me and i wouldn't have done that. even if i agree with the bolded statement, i was never contradicting that.

i will ask someone who has been sober for 24 yrs as to what he saw in terms of the ppl in SA.

i know at a certain jewish spirituality weekend we had 370 ppl (around 45% women so around 200 addicts) and at the last SA national event there was between 400 and 450 ppl.

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Re: a religious recoverer

Posted by cordnoy - 17 Nov 2015 00:33

[Shlomo24 wrote:](#)

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i know at a certain jewish spirituality weekend we had 370 ppl (around 45% women so around 200 addicts) and at the last SA national event there was between 400 and 450 ppl.

t'was not directed at you, and it was a direct quote from a site.

the only thin' I did was bold the last sentence.

I specifically said I am not gettin' involved in the philosophy of the debate.

I was commentin' on the statistic regarding Jews in SA.

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Re: a religious recoverer

Posted by cordnoy - 17 Nov 2015 00:33

[eslaasos wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

At this point, I'll let anyone back on the calls - even me!

B'karov.

Amen v'amen!

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Re: a religious recoverer

Posted by Gevura Shebyesod - 17 Nov 2015 01:27

Just to throw another monkey wrench into the ring... There are other groups for sex addicts besides SA, (SAA, SLAA, etc.). however SA has the strictest definition of "sobriety" as compared to the other groups, so maybe frum people are attracted to it because it most closely matches what they aspire to from a religious standpoint. It would be interesting to compare stats of SA membership to those of the other groups.

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Re: a religious recoverer

Posted by waydown - 17 Nov 2015 15:43

Cords noone is denying that there are lots and lots of other sects in SA. And perhaps at your meetings there were no other frum jews present. I don't think its an hypothosis when I see on the SA website a strong demand in jewish neighborhoods. Of course there are only a few strongly populated jewish niefghboorhoods in the USA. Therefore the ovewhellingly majority of SA meetings have nothing to do with frum yidden. But I think its clear that within jewish nieghboorhoods that demand is far greater. Just look at the website and see for yourself.

Statistics is a bad choice of words because thats always heresay and you bend it. I think its

more like quite obvious just from going on the SA site that within jewish neighborhoods the demand is higher.

Its similar to buying diapers. I would venture to say that pampers sells more diapers in the small section of willamsburg verse say shepsheadbay. Or in Lakewood verse Toms River. That doesn't mean that ist primary customer base is frum yidden. But if you compare neighborhood by nieghboorhood who buys more?

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Re: a religious recoverer

Posted by waydown - 17 Nov 2015 15:44

Elassos,

Re do I have a source?

Yes my source is the SA website. You think its purely by chance that out of the only two towns in NJ that SA meetings are held one of them is Lakewood?

Oh and re guilt I'll simply refer you to the link below. But suffice it to say guilt is a good thing not a bad thing.

guardyoureyes.com/the-gye-program/the-30-principles/21-principles-for-the-struggle/item/principle-18?category_id=279

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Re: a religious recoverer

Posted by eslaasos - 17 Nov 2015 15:48

WD did you check the link Cordnoy provided? Unless I'm missing something there are more

than 2 towns in NJ where there are SA meetings.

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Re: a religious recoverer

Posted by waydown - 17 Nov 2015 15:54

I don't have access to Cords link. My filter blocks it. Here is where I went,

www.sa.org/top/United%20States%20of%20America/New%20Jersey/

Afterwards click on NY on Maryland and check it out.

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Re: a religious recoverer

Posted by Bigmoish - 17 Nov 2015 16:01

The link he provided lists no fewer than 30 different cities in NJ that host SA meetings.

You can even get to that page by clicking on one of the links on the page that you yourself provided.

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