

could DEALING with my EMOTIONS CORRECTLY be the..

Posted by acceptance - 31 Aug 2017 15:07

...much sought after relief from lust?

Here is a thought. My lust comes directly from my inability to cope with my difficult **feelings**. so I use lust (or whatever your favorite distraction is) to **distract** myself from my feelings.

So here is the solution. By applying the 12 steps to my **Feelings**, I can **accept** them for what they are i.e. A 'negative' feeling is something given to me by a higher power that I have no power or control over to change.

I leave changing the way I feel to my HP who either will or will not change the way I feel.

But through applying the 12 steps to my feelings I can now just **sit with** my 'negative' 'bad' feelings and not have to distract myself with lust (or whatever your favorite distraction is).

can we make a survey? All our lusting troubles come from our inability to deal with disagree & why.

looking forward to your feedback!

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Re: could DEALING with my EMOTIONS CORRECTLY be the..

Posted by Markz - 08 Sep 2017 12:47

[acceptance wrote on 08 Sep 2017 11:05:](#)

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Make sense?

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Re: could DEALING with my EMOTIONS CORRECTLY be the..
Posted by cordnoy - 08 Sep 2017 19:23

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

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Posted by Markz - 08 Sep 2017 20:16

[cordnoy wrote on 08 Sep 2017 19:23:](#)

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

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What part of the style - pls pinpoint

Sometimes I post then think about it

Sometimes I think then submit

Theres no rules

Do I need to join StyleAnonymous

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Re: could DEALING with my EMOTIONS CORRECTLY be the..
Posted by Markz - 08 Sep 2017 20:19

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Cos recently I listen to Dov records regularly

And it rubs off - Like if you shower regularly you're gonna smell of Dove

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Re: could DEALING with my EMOTIONS CORRECTLY be the..
Posted by acceptance - 11 Sep 2017 14:09

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Unfortunately not.

I'm not clear exactly what you are trying to say.

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Posted by acceptance - 11 Sep 2017 14:17

Furthermore, I'm not advocating **changing** SA for something else. I'm suggesting that perhaps, seeing as this is a 'mokom' for people who struggle with lust and perhaps life in general as well, that perhaps we could **add** another tool (EA or perhaps a different anonymous group) to help the relevant people.

No 1 tool is for everyone so maybe we could have some more options?

Personally I'm looking for more support/group for my emotions which are a direct cause for my acting out. I don't know of any other place to that has so many like minded frum men in one place so I would like to see if there is any interest for **another** tool to help bring more serenity in your life.

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