

New Jewish 12-Step Program

Posted by Constant - 12 May 2020 08:18

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I have created a Jewish program of recovery based on the 6 Constant Mitzvos, as taught by Rav Berkowitz. Its main premises, and those which make the 12-Steps successful, are 1) that it's a simple program, 2) designed to provide a spiritual experience, 3) to turn one's life over to Hashem, 4) includes working with others.

To learn more how it works, or to become a sponsor or a sponsee, including group meetings, please respond to this message.

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Re: New Jewish 12-Step Program

Posted by Shmuel - 12 May 2020 12:23

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Are you able to share more details?

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Re: New Jewish 12-Step Program

Posted by DavidT - 12 May 2020 18:20

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[Constant wrote on 12 May 2020 08:18:](#)

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Please share more details. [ahavayirah@gmail.com](mailto:ahavayirah@gmail.com)

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Re: New Jewish 12-Step Program

Posted by Constant - 13 May 2020 08:12

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Dear Shmuel, thank you for your interest in the 6 Constant Mitzvos recovery program.

To tell you a little bit about myself, I started going to SA about 6 years ago, and have not had a relapse since, baruch Hashem.

About a year ago, I moved to a remote location in Jerusalem where there weren't any SA meetings. At the same time I had a baby, which pretty much locked me in.

I therefore started to teach people in my neighborhood about the 12 Step Program, using a Torah language that people could understand.

In so doing, I stumbled upon the root to 12 Step recovery as found in the Torah, in particular in the form of the 6 Constant Mitzvos.

As a result of this finding I came across Rav Berkowitz' audio lectures on the 6CMs, and later read the Artscroll book based on his lectures.

The similarities between this book and the Program are many, some of which are as follows:

1. As the word "Constant" implies, the 6CMs are to be practiced "in all our affairs" (Step 12).
2. Furthermore, it entails a spiritual experience, as the consciousness of Hashem is to be before us always (Mitzva 1 - Emuna).
3. Powerlessness - the book 6 Constant Mitzvos explains that one with Emuna in Hashem, and no other gods (Mitzva 2) does not attribute power to anything else, even to himself.
4. In Mizvah 3 (Shema Yisrael) we take on ourselves "Ol Malchut Shamayim" which is

turning our will and life over to the care of God.

5. In Mitzvah 4 is the element of working with others - that one's love for Hashem should be such that he wants to teach others of His beauty.
6. Mitzvah 5 includes doing a Cheshbon Hanefesh - making a fearless and moral inventory of ourselves.
7. Mitzvah 6 is like Steps 10, 11, and 12 - the "maintenance steps" - to help us continue to practice the first 5 Mitzvahs.

There are other similarities, but I will stop there. I've always wanted a Jewish alternative to the 12 Step Program - not by linking the Steps up to Torah Mitzvos - but by finding the actual root to the solution of addiction in the Torah, and I think I've found it in the 6 Constant Mitzvos.

If you would like to go through these steps together with me, I have a system of 4 meetings over the course of 2 weeks where I can share with you all of this material.

Looking forward to hearing from you,

Adam

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Re: New Jewish 12-Step Program  
Posted by Constant - 13 May 2020 08:14

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Dear David, thank you for your interest in the 6 Constant Mitzvos recovery program.

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Looking forward to hearing from you,

?Adam

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Re: New Jewish 12-Step Program  
Posted by Constant - 14 May 2020 08:51

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Hi David, would you like to work the mitzvas together with me? It's only a few hours' commitment and provides growth both for the active and recovered addict. What is your number, we can talk about this in more detail over the phone/zoom.

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Re: New Jewish 12-Step Program  
Posted by Constant - 14 May 2020 08:52

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Hi Shmuel, would you like to work the mitzvas together with me? It's only a few hours' commitment and provides growth both for the active and recovered addict. What is your number, we can talk about this in more detail over the phone/zoom.

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Re: New Jewish 12-Step Program  
Posted by shmuu - 01 Dec 2024 06:47

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I see that this is from 4.5 years ago. It looks interesting. How did this end up working out?

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Re: New Jewish 12-Step Program  
Posted by Constant - 04 Dec 2024 03:30

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Hi there,

Yes, I have been working on this program for the past 5 years or so. In the end, I found the 12 steps in the sefer Chovos Halevavos instead, and I am currently going through it with chevrusas

on the phone. If you would like to work the program together, feel free to call me (in Israel)  
058-326-5578.

Adam

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