

Additional tools for recovery

Posted by Eye.nonymous - 07 Dec 2011 21:33

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I attended an SA workshop with lots and lots of tools for recovery (about 100 or so). I hope, little by little, to share them here on this thread.

Some of them are very simple and might even seem silly (but may surprise you--and work if you try them), and some of them are very deep. Some of them you may have heard of before, and some of them not.

Take whatever you find helpful, and leave the rest--maybe someone else will find it helpful. I can't say that I have tested them all personally, either.

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I posted this on Jan 1, '12, but thought it would be appropriate to add it here at the beginning of this thread, too:

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I could have easily cut and paste the whole list of recovery tools into a post all at once and left it at that. However, I thought that by posting only one each day, it would give people a better chance to digest them and implement them (and remember them) to some extent in their lives. Also, in posting one at a time, I see it is giving me a chance to reflect on each of these tools and appreciate them much more.

So, if you are joining this thread now that so many of these tools have already been posted (and more yet to come, BE"H), I suggest you will have the greatest benefit by reading this thread slowly, just one or two tools each day. There's no hurry.

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--Elyah

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Re: Additional tools for recovery

Posted by Eye.nonymous - 08 May 2012 14:24

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143. Put the welfare of others first.

Let other people be first. I find this tool comes into play especially when attending simchas (and even at my own Shabbos table). Don't grab to take the food first, or the biggest piece.

And, at home, try to do something that might help your wife sometimes, instead of always just doing your own little self-centered plans.

Also, in a more general sense, let other people have their way sometimes.

This is only loosely related, but this tool reminded me: There was one idea I had which kept me from getting so annoyed with people (and, I think the less annoyed we are, the more sober we are). What was it? That everyone is crazy, in one respect. There's the guy that has so much dandruff it's disgusting. So, that's his one free ticket. There's another guy who davens out loud and is really annoying--so that's his one free ticket. I have found that people (especially the people I only know on a very superficial level) only have one really annoying thing that stick out. If I grant them that, I can usually be much more at peace with them.

--Elyah

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Re: Additional tools for recovery

Posted by Blind Beggar - 09 May 2012 06:28

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Great idea, Elyah.

I just want to point out that I am not the guy with the dandruff or the loud voice who annoys Elyah.

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Re: Additional tools for recovery

Posted by tehilimzugger - 09 May 2012 09:54

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[Blind wrote on 09 May 2012 06:28:](#)

I just want to point out that I am not the guy with the dandruff or the loud voice who annoys Elyah.

but we're gonna find both of them and teach 'em a lesson!

ain't that right BB?

BTW, is Meron getting crowded yet?

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Re: Additional tools for recovery

Posted by Eye.nonymous - 11 May 2012 09:40

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Here's a summary of the most recent section:

[Friendships](#)

139. Work with another SA (or GYE person)

140. Stick with the winners

141. Stay in the present

142. What you think and what you feel and what you do...

143. Put the welfare of others first

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Re: Additional tools for recovery

Posted by Eye.nonymous - 11 May 2012 09:45

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And here's the next section:

Service

144. How are you?

Call 2 newcomers (a day, or a week) and ask them how they're doing. Also, you can drop a PM to someone on the forum just to say "Hi, how are you?"

Dovinisrael on this forum, once upon a time, wrote up this really psychedelic story about someone's brain being taken over by mutant insects or something. It was a mashal (and not so far from the nimshal) about our addiction. Dovinisrael also happens to specialize in puns. Now, I forget how the pun worked (and I also forget most of the story, but he had some great graphics in there) but basically whenever you get caught up in thinking "HOW AM I," flip it, instead, and ask someone, "HOW ARE YOU."

--Elyah

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Re: Additional tools for recovery

Posted by Eye.nonymous - 11 May 2012 09:46

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145. How can I be of service.

You can ask this question to other people, and you can also ask it to yourself in order to change your focus to how you can be of service to other people.

--Elyah

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Re: Additional tools for recovery

Posted by tehylimzugger - 11 May 2012 10:16

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[Eye.nonymous wrote on 11 May 2012 09:45:](#)

Dovinisrael on this forum, once upon a time, wrote up this really psychedelic story about someone's brain being taken over by mutant insects or something.

--Elyah

Are you referring to this [here](#)?

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Re: Additional tools for recovery

Posted by Eye.nonymous - 14 May 2012 05:59

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Thanks TZ,

That's it, but that's not the full story over there.

--Elyah

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Re: Additional tools for recovery

Posted by Eye.nonymous - 14 May 2012 14:58

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146. Always say "yes" to SA (or GYE) requests.

If you are asked to be of service, to be available, to be someone's accountability partner, or even just to speak with someone. It's enlightened self-interest; helping out other people in recovery is best for you, too.

--Elyah

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Re: Additional tools for recovery  
Posted by Eye.nonymous - 14 May 2012 15:04

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147. Take on a service commitment.

As far as the SA groups are concerned, there are a number of official positions, such as the group secretary, treasurer, and the guy who puts out the coffee (some positions require a certain amount of sobriety). There are also unofficial positions that you can find, such as helping the guy whose job it is to set up the chairs, etc.

As far as GYE is concerned, there are also plenty of opportunities to be of service, and you can even find something that you can commit to--be the guy to post the newcomer message to newcomers, etc. Send a PM to Guard, he is likely to have some ideas.

At one point Guard was looking for people to become experts in the GYE handbook and then direct people to the right pages, because most questions people have on the forum are already answered in there (but there aren't enough people who can point this out to them).

--Elyah

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Re: Additional tools for recovery  
Posted by Eye.nonymous - 15 May 2012 14:58

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148. Sponsor others.

But, you can't give something that you don't have.

On the other hand, a paradox of recovery, once you've got something to give -- if you don't give it away, you don't keep it.

Also, in a less formal sense, look for those people who are new to recovery (or new to the forum) and can really use a bit of encouragement and a helping hand. Make a point to be there for them.

149. Buddy List.

There's an SA buddy list with contacts available all around the world--find a sponsor, find a sponsee, or just find other program buddies (PM me for more details). There is also a GYE contact list which, I think, serves the same purpose (I don't have the information off-hand. Anyone want to be of service?)

--Elyah

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Re: Additional tools for recovery

Posted by Eye.nonymous - 16 May 2012 15:03

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150. Rotate out in good time.

This applies to filling a service position. Usually each position has a specified term--maybe 3 months, or 6 months. After your term is up in any given position, leave. Give someone else a chance to also be of service.

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Re: Additional tools for recovery

Posted by Eye.nonymous - 17 May 2012 15:11

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Summary time, summary time, sum, sum, summary time!

#### [Service](#)

144. How are you?

145. How can I be of service?

146. Always say "yes" to SA (or GYE) requests

147. Take on a service commitment

148. Sponsor others

149. Buddy list

150. Rotate out in good time

--Elyah

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Re: Additional tools for recovery

Posted by jewish jew - 17 May 2012 21:30

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Thanx for the summary I was already getting mixed up!!

JJ

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