

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

---

Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

=====  
=====

Re: Home of Gibbor120

Posted by take it easy - 29 Dec 2015 20:14

---

Can someone please explain if its a contradicts anything by understanding where the addiction comes from

=====  
=====

Re: Home of Gibbor120

Posted by gibbor120 - 29 Dec 2015 21:59

---

I'm not sure what you mean.

I think it can be beneficial sometimes to understand if it came from some trauma, family issue etc. Either to address those issues and/or to take away the guilt and realize that there are things that led to it.

=====  
=====

Re: Home of Gibbor120  
Posted by Shlomo24 - 30 Dec 2015 00:26

---

Besides not being a rav, I'm also not a therapist  
[take it easy wrote](#)

Can someone please explain if its a contradicts anything by understanding where the addiction comes from

I think understanding addiction is totally fine, it can give one clarity and certain tools for emotional development. But if one is truly an addict then it's not gonna keep them sober.

=====  
=====

Re: Home of Gibbor120  
Posted by Dov - 23 Mar 2016 04:55

---

[take it easy wrote on 29 Dec 2015 20:14:](#)

Can someone please explain if its a contradicts anything by understanding where the addiction comes from

Usually younger people like to think about this question and talk about it a lot. Older, married folks who have something to lose, often lose the patience to mess around with philosophical matters - they need help. Just an observation. I have no clue what age you are, or whether or not your problem threatens your life, lifestyle, or anything you've got at all.

But setting all that aside, have you discovered that figuring out things like where the addiction comes from, has helped you in the past? If so, can you bring an example of that, please. I think that should come before philosophical discussion ensues, and before anybody tries to answer

=====  
=====

Re: Home of Gibbor120  
Posted by Shlomo24 - 23 Mar 2016 10:06  
your question. Just a suggestion

---

There are definite genetic, environmental, and experience factors that increase the probability of addiction. But I need to work my program to stay sober. I also go to therapy for emotional development. My emotional maturity stopped when I started acting out, which was very young.

=====  
=====

Re: Home of Gibbor120  
Posted by cordnoy - 23 Mar 2016 11:08

---

[Dov wrote on 23 Mar 2016 04:55:](#)

[take it easy wrote on 29 Dec 2015 20:14:](#)

Can someone please explain if its a contradicts anything by understanding where the addiction comes from

Usually younger people like to think about this question and talk about it a lot. Older, married folks who have something to lose, often lose the patience to mess around with philosophical matters - they need help. Just an observation. I have no clue what age you are, or whether or not your problem threatens your life, lifestyle, or anything you've got at all.

But setting all that aside, have you discovered that figuring out things like where the addiction comes from, has helped you in the past? If so, can you bring an example of that, please. I think that should come before philosophical discussion ensues, and before anybody tries to answer

Which also explains why some people get stuck on one of the first few steps for many months or more. There are people that don't wanna work the program and that's fine, but if you wanna work it, don't beat it to death.

=====  
=====

Re: Home of Gibbor120  
Posted by skeptical - 27 Mar 2016 23:32

---

Yes, it is helpful for a person to be aware of why/in what situations they turn to their addicted behaviors.

=====  
=====

Re: Home of Gibbor120  
Posted by Shlomo24 - 28 Mar 2016 02:42

---

[skeptical wrote on 27 Mar 2016 23:32:](#)

Yes, it is helpful for a person to be aware of why/in what situations they turn to their addicted behaviors.

Long time no see skep. Hope things are well.

=====  
=====

Re: Home of Gibbor120  
Posted by skeptical - 28 Mar 2016 14:41

---

Boruch Hashem.

Have been really busy.

=====  
=====

Re: Home of Gibbor120  
Posted by Shlomo24 - 28 Mar 2016 15:30

---

That is what i heard. Good for you.

=====  
=====

Re: Home of Gibbor120  
Posted by Dov - 29 Mar 2016 15:44

---

ditto

=====  
=====

Re: Home of Gibbor120  
Posted by Kedusha - 13 Apr 2016 21:13

---

A very big Mazal Tov to Gibbor on (yesterday) reaching 2,500 days clean, one day at a time!

=====  
=====

Re: Home of Gibbor120  
Posted by markz - 13 Apr 2016 21:31

---

WOW - I was worried he fell off the highway

**MAZEL TOV!!!!!!!!!!!!**

Actually where is anyone?? I don't have a clue, cos with the update, all members days don't show on mobile - which I use 99% of the time for gye

=====  
=====

====

Re: Home of Gibbor120

Posted by cordnoy - 13 Apr 2016 22:57

---

He might be off the highway, but he sure as Hell is on the right road, and boy am I glad that he didn't lose my number.

=====  
====

Re: Home of Gibbor120

Posted by gibbor120 - 14 Apr 2016 20:38

---

Thank you! I'm still here and still trucking B"H. I'm just busy, which itself is a good thing for my sobriety. I do plan to spend some time here when I get a chance. Probably, not much until at least after Pesach.

=====  
====