

My Journey

Posted by thanks613 - 06 Mar 2016 18:47

Hi all

I'm revamping my efforts all around. Got an accountability partner, a sponsor, a 12 step group, a coach, and some new tools. Of course if I started to list what I don't yet have this post would never end. I guess what I'm trying to say is that I recognize that my "plans" are only as good as what I will make of them.

I thought it might be helpful to have a place to write about my experiences at times. Fell free to share any thoughts/suggestions/comments you may have along the way.

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Re: My Journey

Posted by inastruggle - 19 Apr 2016 18:29

I was thinking what shlomo said and was just as curious as everyone else as to why I really wrote it.

Freud has nothing on you.

It's probably about time we gave thanks613 his thread back. We should continue the psychoanalysis in the JHF section.

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Re: My Journey

Posted by cordnoy - 19 Apr 2016 19:01

[thanks613 wrote on 19 Apr 2016 18:27:](#)

[Shlomo24 wrote on 19 Apr 2016 05:17:](#)

The more I am connected to god, SA, and other fellows, the less I will need to act out. People many times don't post when they are struggling, and that itself is another reason why they are struggling. I think it's a noble idea to reach out.

Thanks for all the input. It's really helpful. What can I say Mark, I'm a sucker for punishment ;) I guess building connections even when not in a struggle is the difference between "living recovery" and just plain "living".

Still, I think your point Shlomo is a big one for me. I have NEVER reached out to someone from GYE before a fall, slip, or dive. I have called non-GYE friends sometimes, to connect, but not to ask for help with the struggle. I have lots of reasons- Excuses, really. "It won't help", "What can they possibly say", "I will only feel worse afterwards". I think the real reasons are more like "I really want to act out", "I can't stand being told what to do. I don't want to look weak", "I refuse to admit that I am wrong and acting like a ??????".

Thanks also for this

Life will always be changing, the main thing will still be you. You can adapt yourself, and the systems when the changes come.

And after our talk the other week, would you change your mind on the above?

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Re: My Journey

Posted by thanks613 - 19 Apr 2016 19:05

[cordnoy wrote on 19 Apr 2016 19:01:](#)

[thanks613 wrote on 19 Apr 2016 18:27:](#)

[Shlomo24 wrote on 19 Apr 2016 05:17:](#)

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Which part? Not reaching out? I think I kinda know it's idiotic, but there's a mind-body divide or something.

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Re: My Journey

Posted by cordnoy - 19 Apr 2016 19:17

Yes.

Reaching out to another.

Did i/we bite?

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Re: My Journey

Posted by thanks613 - 19 Apr 2016 19:30

[cordnoy wrote on 19 Apr 2016 19:17:](#)

Yes.

Reaching out to another.

Did i/we bite?

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A little nip in the bud never hurt anyone. Permanently...

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Re: My Journey

Posted by thanks613 - 21 Apr 2016 18:02

Got a new computer that's running windows 10, but haven't been able to find a compatible filter yet. Any ideas?

Re: My Journey

Posted by markz - 21 Apr 2016 18:19

Why you playing Gevura's game, tag?

Why not call them?

Re: My Journey

Posted by thanks613 - 21 Apr 2016 19:19

Are you hinting at the "P" word? Haven't you ever heard of FOP (Fear of Phone)

Re: My Journey

Posted by markz - 21 Apr 2016 19:23

You need a filter

faaaaaaaaaast

call tag

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Re: My Journey

Posted by thanks613 - 21 Apr 2016 20:46

False alarm actually. k9 seems to work. Filter installed. I didn't make any custom settings (and I allowed youtube), but I seem to remember someone saying that the only filters that ever worked for him are the ones he never "tested". So maybe I'll try it that way.

What's tag anyway?

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Re: My Journey

Posted by cordnoy - 21 Apr 2016 22:07

[thanks613 wrote on 21 Apr 2016 20:46:](#)

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What's tag anyway?

What's a filter?

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Re: My Journey

Posted by markz - 21 Apr 2016 22:20

What's the white book?

It takes time to learn things on gye

TAG = technology awareness group

btw Who is Dov?

Where is Mom?

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Re: My Journey

Posted by inastruggle - 22 Apr 2016 03:22

[cordnoy wrote on 21 Apr 2016 22:07:](#)

What's a filter?

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Re: My Journey

Posted by inastruggle - 22 Apr 2016 03:25

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