

Thank you, GYE!

Posted by Metal King - 09 Sep 2015 20:48

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Shalom Aleichem All!

I don't post on here anymore because my egotistical desires get too caught up in demand for attention and people enjoying MY supposed wisdoms so I found it healthier to stay offline and in real life instead.

I'm posting today because yesterday, Hashem graced me with 1 year of sobriety and I owe GYE a HUGE thank you for their part in it. When I found GYE I had stopped my bottom line behaviors thru the help of The Garden series books and working on personal prayer but I couldn't stop pornography and masturbation. After white-knuckling it for 4 months, I eventually fell and went to my first SA meeting.

Going to meetings really helped me tremendously. The brutal honesty in which people spoke about themselves helped me realize I had not been being honest with myself or Hashem in my prayers. It has been my experience that Hashem graces meeting halls with serenity. I find that almost without fail, whatever noise is going on my head during the day shuts off whenever I get to a meeting. I can finally be present and at peace. Also, I'm a spiritual baby who struggles to see how full my cup actually is. So when I hear some of the real war stories it always helps to shift my perspective to a healthier and happier me from before the meeting. I can't tell you how often the "random" reading chosen speaks to me and my situation or even more unnerving when the part that I read is EXACTLY what I needed to hear. It only makes me that much more aware of Hashem's loving Hashgacha pratis.

I owe a big thank you to Cordnoy from the forums who pushed me to get a sponsor. My very first sponsor gave me five tools for everyday:

1. Custody of Eyes- Guarding them and praying for anyone I note, notice, or trigger on
2. Spiritual warfare - surrendering lust and all negative emotions, attitudes, moods that I become aware of to Hashem
3. 6 daily phone calls to others in program including check in with my sponsor
4. Daily meeting when possible (I actually only make about 3 a week)
5. 1 HOUR of personal prayer

every program is different. for me to find a sponsor who also pushed a full hour of personal prayer was pretty incredible hashgacha pratis to me as well.

I still maintain that the hour of personal prayer is most key. It is the spiritual exercising of my soul. But just like with regular exercise, I need to stretch, eat well, get sleep, etc. So too, the other 4 tools support my spiritual exercise, my hour of prayer and help me to keep it steady and consistent. The other 4 tools keep me sober, but as the white book says "Sober is not well." But when I pray well and really feel connected to Hashem, then I find I'm sober AND serene.

I am only on Step 3 having had to start over after I lost my first sponsor but the information I have learned from my new sponsor has been indispensable. He advised me to get the "Joe and Charlie Big Book Study" app on my phone and it has helped me so much with my understanding of the program. Best \$3 I ever spent!

Again, a big thank you to GYE. I look forward to reading the daily chizuk emails. The inspiring message pics, Rabbi Twerski's input, and of course Dov's delightfully dedicated diatribes have always been a huge help.

Thank you Hashem for leading me to GYE and to SA and freedom from the stupidity. I say stupidity because my experience was never that my addiction was so cunning, baffling, and powerful. It was that it made me into a moron when it came to dealing with it. My best thinking got me nowhere. I am still a work in progress. I still struggle with looking at women. I still struggle to connect with others. Im still painfully aware of plenty of character defects. But I see progress! And its "Progress, not perfection."

May Hashem bless everyone involved in any way with this website with all the things I want for myself: complete emunah with emotional conviction, the success of their hands, shalom bayis, righteous and outstanding children, aliyah at the best time according to His will, increased daily personal prayer, and may you all know and love Him in return.

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Re: Thank you, GYE!  
Posted by markz - 02 Oct 2015 21:08

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which clued me in that I am an addict and pushed along the way to SA. I'm thank Him for the daily emails and the wisdom and chizzuk I've gained from them. I thank Him for getting me into SA where I learned finally how to be honest with myself, Him, and others on a daily basis. I thank Him for sobriety one day at a time. Thank you GYE for your role in all of my recovery. May Hashem bless all of you as well in all of your work and in life.

P.S.- sorry I missed a year two thank you!

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Re: Thank you, GYE!  
Posted by Gevura Shebyesod - 12 Sep 2017 21:14

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Re: Thank you, GYE!  
Posted by Hashem Help Me - 13 Sep 2017 01:36

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Wow! Please keep posting and getting your message of success out for all new guys who cant believe they can make it through the day.

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Great to hear. KOMT, OYAAT!