

The 18 Wheeler

Posted by azivashacheit101 - 14 May 2025 10:46

In this thread I will b"n post from "The 18 Wheeler" and some other relevant 12-Step literature.

I will also post some of my own 2 cents, things that work for me, and some of my very limited ESH (Experience, Strength and Hope).

I would love to hear feedback; all feedback and questions are welcome but please identify yourself first as either a member of SA (or other 12-Step group) or a non-member in order to put things into context.

The 18 Wheeler is found in the back of the SA white book and titled "How I Overcame Lust" it consists of 18 ways that the author (Roy K.) overcame his lust.

To be clear The 18 Wheeler is not SA but tools that go along with SA and come from concepts within the 12-Steps.

If you are someone who really needs SA then The 18-Wheeler will be very limited in how much it can help you.

SA is working the 12-Steps with a sponsor; when done properly and thoroughly it can take months and even years to complete.

The Steps are never really complete and recovering addicts live with Steps 1,3,10,11 and 12 for a lifetime.

SA also involves going to inperson meetings and participating in fellowship.

In person meetings are 1000 times more effective than posting on the GYE forum.

The purpose of this thread is 3 fold.

1) For those who need SA it is to familiarize them with SA concepts and into becoming more comfortable getting to their first meetings.

2) For those who do not need SA, many of the methods posted here can still be helpful getting out of our head and dealing with the lust issue.

3) For those already in SA this thread can serve as a spring board to discuss how we understand and apply SA principles.

All **bolded words** are from 12-Step literature and non-bolded writing are my own opinions and not necessarily consistent with SA principles.

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Re: The 18 Wheeler

Posted by azivashacheit101 - Yesterday 18:35

A few comments on the first of **The 18 Wheeler**:

1. The SA bottom line (if you do it you reset your sobriety) is different than GYE's bottom line. GYE includes deliberately watching pornography in its bottom line while SA only includes masturbation to (finish) and sex with others. Of course SA includes *progressive victory over lust* which includes everything from porn to second looks on the street to a few seconds of fantasy. The reason why the SA bottom line doesn't include porn is two fold:

a) If we constantly reset our sobriety especially in the beginning it will be much harder to get into solid sobriety time and get over that early hump.

b) Masturbation releases large quantities dopamine in the brain and is a much bigger drug scientifically than watching some porn is. We first get ourselves out of the more potent drugs and then work on the smaller ones. This not to say we advise watching porn in the beginning as we will see in number 2 of **The 18 Wheeler** we need to stop feeding the obsession right away. This is just to say that we don't reset our sobriety for watching porn without masturbation.

2. There is a difference of opinion among SA Old-Timers if we move up our bottom line to include other actions of lust as we progress in sobriety. There are those who say that the bottom line always remains the same, while others assert quite forcefully that we move it up with time. This issue is probably decided for each SA member by his individual sponsor. Roy K., the founder of SA, reset his sobriety when he was 28 years sober to 18 years due to an action of lust that he took at year 10. He did not reset it at the time that he took the action at year 10 only later. If he would have reset it at year 10 would he have stayed sober? Who knows. Guidance on this is always given by a sponsor.

3. The point of the 12-Steps is not to stop acting out, but work on the reasons behind our acting out. We act out due to a level of insanity, our inability to deal with our emotions, our defects of character, and a deep spiritual emptiness and hunger. The 12-Steps works on these things and completely remakes the person into a new and better version of himself. The main point of the steps is not to get us sober, but to *keep* us sober and to give us recovery (relief from the problems mentioned above).

4. Do we get sober (for a week, 2, or 3) and then work the steps, or do we work the steps in order to get sober?

Again it depends who you ask.....

* I will finish this post later I gotta run to an SA meeting.....

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