

Are the 12 steps absolutely essential?

Posted by startingover13 - 27 Nov 2011 22:23

I'm really just starting here and I have a question: are the 12 steps truly essential to becoming totally free of lust addiction? To be completely honest with you, I'm a bit lazy and don't really want to start a whole 12 step program. I would prefer to use some of the other tools on the site such as proper mentality, filters, support forum, etc. But I fear that these tools will only serve to help me fight this battle on a daily basis, but won't really eradicate the underlying source of the addiction. Is that accurate or can I win this battle without the 12 step program (which I reeaallly don't want to have to do :-)

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Re: Are the 12 steps absolutely essential?

Posted by ur-a-jew - 27 Nov 2011 23:07

If you really don't want to do the 12 steps and feel lazy about the whole recovery process chances are they won't work for you. But I have some questions for you. What have you tried until now, and how successful has it been? And why do you want to stop?

Whatever road you choose I wish you much hatzlacha.

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Re: Are the 12 steps absolutely essential?

Posted by startingover13 - 28 Nov 2011 00:12

ur-a jew - I think you may have gotten the wrong impression from my post. I am extremely determined to beat this addiction. If that means going through the twelve steps, I will absolutely do that. Once I decide that I'm going to do it, I will give it my all. My only indecision is whether to accept that process upon myself to begin with.

Like most people, I'm looking for the fastest and easiest way to success. But if that's not possible in this case, I will gladly devote myself to the 12 steps.

I'm just now re-devoting myself to breaking this addiction, as it's been quite some time since I have even tried. Generally, the things I have done are just going head-to-head with my yetzer harah. Things like thinking about the schar I will get for not masturbating, taking Kabalos to not masturbate for X amount of time, putting filters on my computer. But all that was years ago when I still cared. It's been a while since I cared, but I have now redevoted myself to this and I'm just looking for the best way to proceed so that I can break this thing forever. Thanks for

your input...

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Re: Are the 12 steps absolutely essential?

Posted by ur-a-jew - 28 Nov 2011 14:48

Whether I misunderstood your post or not, the question still remains why you want to stop. If you don't know the answer to that question the 12 steps will be of little help. If your life is completely out of control from your addiction than you will do what it takes to stop even if its not quick and easy and despite the fact that its hard work and painful.

It seems like you've tried things in the past when you were into caring and yet your are still here with the problem and even had to go through a period of not caring. It would seem to me that perhaps you need to deal with all of the issues the lust and the things that led you to not care. I would be highly suspicious of a claim that all of these things can be dealt with successfully in a quick and easy manner. Then again I have been surprised more than once. But I learned long ago that if it sounds too good to be true the likelihood is that its not true.

Keep us posted please.

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Re: Are the 12 steps absolutely essential?

Posted by kidushashem - 28 Nov 2011 15:20

Look at this way: the 12 steps are not a magical antidote to what you're trying to overcome. The 12 steps is just a draft compiled by people who have studied addiction for many years and have reached sound conclusions about the best way to beat addiction. Is it necessary? No. Many people are beating addiction without the 12 steps. But realize that the 12 steps are a guide to fixing that which is broken in you. So if you don't fix things with the 12 steps, you are left with two options: you don't fix the problem or you try fixing it another way. The first option is not really an option. The second one is a bit risky unless you have someone objective (a Rabbi and a friend) who can help you fix the problems and get past the addiction in another way.

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Re: Are the 12 steps absolutely essential?

Posted by Pure yid - 01 Dec 2011 18:24

The first step before the steps is to make up the mind that you really want. The 12 steps for most people work the best. I can tell I tried 3 years and spend a lot of money to heal my wounds and nothing helped. The 12 steps did it for me. So far...

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Re: Are the 12 steps absolutely essential?

Posted by me - 01 Dec 2011 19:09

Most people who have sobered up due to the 12 steps, is because they had no choice. They hit their "bottom" line. For some this was consecutive divorces, losing jobs, and even being thrown into jail. The Big Book has many stories in the back about people like this. They were all lazy, just like me. But, there came a time when they could no longer afford to be lazy. They had no choice but to begin with the first of the 12 steps. "I am powerless".

The 12 steps, (if we work them), make us become honest with ourselves. For example: Am I really just lazy, or am I trying to forget that I have a severe illness that can completely destroy my life as it has done for others. Am I really lazy or could it be that I am still have trouble believing that "I" am an addict?

I consider myself one of the laziest people around. This probably has caused my desire for lust for someone who is lazy...does nothing. Has nothing to show for themselves. Then the lust comes to sedate us...the under performers.

I can no longer afford to be lazy. Someone who was here at our SA meeting with 16 years of sobriety, said that we must pray for the feeling of despracy. To realize how desperate we really must be.

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Re: Are the 12 steps absolutely essential?

Posted by alexeliezer - 01 Dec 2011 19:49

My friend, the 12 steps are easy.

Don't get all intimidated because there are so many steps.

It's basically just admitting powerlessness over this, turning the battle over to Hashem, and working on giving up lust.

Admitting powerlessness means vigilant shmiras eynayim and avoidance of triggers.

Turning the battle over to Hashem means that when lustful thoughts or feelings come, you go straight to Hashem for help.

Giving up lust is a process you can start by simply asking Hashem to take your lust because you don't want to lust anymore.

The rest is just damage control.

Easy! Beats trying to fight a battle we've lost thousands of times.

(I've never been part of a 12-step group, so these comments represent my personal opinion and experience.)

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