

What is another word for POWERLESS

Posted by moish u.k. - 25 Feb 2013 21:19

Step one of the 12 step program is:

"We addmitted we were powerless over lust, and our lives had become unmanageable."

I have no problem addmitting that i am powerless. I do that every morning.

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So i have found it helpful to unpack this word.

The word "Powerless" has several components to it. And it can also mean different things to different people.

Please contibute to this thread by sharing your understanding of the word "Powerless", based)

For maximum impact please only share one per post.

But it can become repetetive and lose its meaning (lose its power

I'll kick us off:

I am "allergic" to lust...

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Re: What is another word for POWERLESS

Posted by gibbor120 - 25 Feb 2013 22:14

Being unable to use lust in a controlled way. As soon as we let lust into our car, he quickly takes the wheel and we are at his mercy. We are no longer in control of lust. Lust is in control of us.

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Re: What is another word for POWERLESS

Posted by ZemirosShabbos - 25 Feb 2013 22:29

i have heard people use the term "i have an unhealthy relationship with lust/food/tobacco/armadillos.."

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Re: What is another word for POWERLESS

Posted by chaimcharlie - 26 Feb 2013 01:20

Great thread.

When I was having trouble with the formidable word "powerless", my sponsor told me to just say that I need help.

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Re: What is another word for POWERLESS

Posted by moish u.k. - 26 Feb 2013 15:04

Lust is more powerful than me.

I'm like the weaker boxer in a ring. I may be able to throw some punches, i may even win a round or two, but at some point i am gonna get knocked out.

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Re: What is another word for POWERLESS

Posted by mr. emunah - 26 Feb 2013 23:41

dabbling in lust is like trying to pop pimples in the mirror, at the begining it's all fujn and great, but at the end your face looks like a bloody mess and your saying "never again"

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Re: What is another word for POWERLESS

Posted by moish u.k. - 27 Feb 2013 14:52

I have a compulsion to lust.

Despite the fact that i have an allergic reaction to lust, despite all the misery lust has brought me in the past, i still have a compulsion to take in some lust.

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Re: What is another word for POWERLESS

Posted by alexeliezer - 27 Feb 2013 22:04

The compulsion is, of course, part of the addiction.

Powerless to me means that my only hope is to avoid it. I can have lust, or I can have sobriety and recovery. I can't have both.

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Re: What is another word for POWERLESS

Posted by moish u.k. - 28 Feb 2013 15:37

Thanks everyone. This is great stuff. Keep 'em coming...

I cannot overcome lust by using sheer will-power. Hence i'm power-less.

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Re: What is another word for POWERLESS

Posted by melost - 28 Feb 2013 17:40

thanks moish for getting us on the solution not the problem

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Re: What is another word for POWERLESS

Posted by melost - 28 Feb 2013 17:41

that lust is my boss makes me do crazy thing i dont want im its puppet

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Re: What is another word for POWERLESS

Posted by moish u.k. - 01 Mar 2013 16:21

I resort to lust as an escape from pain, but that always ends up bringing me more pain.

So why do i continue to resort to lust?

Because each time i think that THIS time i will get what i'm looking for.

It is said that the defenition of "insanity" is to repeatedly do the same thing, but each time

expecting a different result.

"I am powerless over lust" means that with regards to lust i am insane.

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Re: What is another word for POWERLESS

Posted by moish u.k. - 04 Mar 2013 17:18

The admission that i'm "powerless" is an admission from deep down that i am beaten by lust.

"Beaton" doesn't mean defeated. It means that my own will cannot overcome lust.

So i stop fighting. I lay down my weapons.

It is at this point that i am ready to turn to a power greater than myself to bring me back to sanity.

This is STEP 2

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