

What does "Surrender" mean to you?
Posted by Pidaini - 25 Nov 2013 01:09

That's it!!

Since there has been a bit of "surrender" talk around, it would be helpful to hear how people define "surrender" from their experience.

What does "Surrender" mean to you?

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Re: What does
Posted by trymyrealbest - 27 Nov 2013 01:44

[chesky wrote:](#)

This is what I wrote once before, and was a key point in my recovery.

[chesky wrote:](#)

The second part is: that our lives had become unmanageable. To me the point of this is not that the acting out had made my life unmanageable, but that my dependency on lust and acting out, had made my life unmanageable. In other words, life WITHOUT lust had become unmanageable.

So Yes, I can surrender and stay out of contact with lust, but that does not help my head, BECAUSE I AM CONVINCED THAT WITHOUT LUST I CANNOT LIVE AT WORST AND AT BEST WILL BECOME INSANE.

So all of a sudden, surrender is not so simple. I can be willing to stay away from anything that causes me to lust and I can actually do it (look how many guys here on GYE manage for short periods) but my head will NEVER accept it.

And that is why I can never succeed to beat this thing on my own.

But by reaching out for help I can take that leap of faith; I can actually give up lusting, without any idea how to survive or remain sane, because I have come to believe that a Higher Power can restore me to sanity.

I stress again, that for me no amount of clarity or willpower can keep me sober, without action (calling friends to reach out, meetings etc).

May HaShem grant us a sober and sane day.

I really enjoyed your post because today on duvid chaims call we had a guest speaker Rabbi Taub and its recorded,somewhere on GYE, so someone asked him how to get motivated to start the the 12 step program, and he answered {well that's how i understood him, not sure

about it}try white knuckling, try 2-3 days without lust and see how hard it will be, you will see how unmanageable your life is without lust, and thank you for clearing this point for me.

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