

Can I recover without the 12 steps?

Posted by doingtshuva - 26 Dec 2014 01:04

Hi everyone

I'm on the site close to a year. I have read the Handbook several times, I try reading the daily Emails, I downloaded and printed out many books from the Ebooks section, the White book, Big book and lot more, I spent a tremendous amount of hours reading in the past year.

I constantly download to my Mp3 Shiurem, lectures, guest speakers.

I post on the Forums.

I even opened up to my therapist which I'll share with him everything.

But, I have a feeling that I can achieve more in my recovery, and maybe I can achieve it through the 12 steps? or in meetings? But I don't see myself opening up to another person so fast, I'm full of fear and shame.

Can I work the steps alone?

I would like to hear from the Chevra some advice.

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Re: Can I recover without the 12 steps?

Posted by Watson - 29 Dec 2014 03:19

Phone meetings are actually less safe than face to face meetings, you never know who's listening. In a face to face meeting you know exactly who's there. Because of that what often happens is that people attend phone meetings but use fake names and don't share completely openly, so they're still allowing the fear and shame to fester in the darkness. Face to face is far safer and more effective.

But like Serenity I don't want to steer you wrong. Some people have got sober through phone meetings, they just didn't do much for me. Whatever works.

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Re: Can I recover without the 12 steps?
Posted by doingtshuva - 30 Dec 2014 02:07

Serenety I'm Burich Hashem not involved in illegal or risky behaviors.

I came to Gye cause I was struggling with the internet.

Waston your right, and I would add that the forums are also not so safe as the SA meetings.

Meanwile I'm B"H doing well, I'll just continue doing what works, safe and quietly.

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Re: Can I recover without the 12 steps?
Posted by doingtshuva - 30 Dec 2014 19:11

So does someone (I) who was struggling only with the internet have what to gain in meetings?

It's not advised so in the Handbook.

I'm B"H doing well for the moment, but I'm still scared from relapsing.

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Re: Can I recover without the 12 steps?
Posted by cordnoy - 30 Dec 2014 19:16

Please clarify what it means that you struggle only with the internet.

Do you lust in the street?

What about the bedroom?

How are you in the bathroom?

Do images in a newspaper or magazine excite you?

Thanks

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Re: Can I recover without the 12 steps?

Posted by doingtshuva - 30 Dec 2014 19:34

I wont go into details right now.

But one point I would like to bring out, that before I joined Gye I thought that the internet is the problem.

Today I know that it's only an outcome of all my past lusting.

If I don't want to fall back in that trap, I should definitely be very careful on the street in the supermarkets and in every room through out the entire day.

Cordony I like it!

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Re: Can I recover without the 12 steps?

Posted by skeptical - 30 Dec 2014 20:42

doingtshuva

Can I **recover** without the 12 steps?

Can you recover **with** the 12 Steps?

I don't know of anyone working the steps who have the title Recovered. Even Dov (and people like him) who's been clean for 17 years is still considered a Recovering Addict.

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Re: Can I recover without the 12 steps?

Posted by dms1234 - 30 Dec 2014 22:15

WHOA! Talk about skepticism!

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Re: Can I recover without the 12 steps?

Posted by shomer bro - 30 Dec 2014 22:56

No, he's just being straightforward and honest. If it is an addiction, then there is no cure. We can work on controlling it, but it's a lifetime pursuit.

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Re: Can I recover without the 12 steps?

Posted by Watson - 31 Dec 2014 00:05

The Big Book does say we can recover.

But remember that the purpose of the steps is to grow closer to Hashem, so there is no end point.

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Re: Can I recover without the 12 steps?
Posted by cordnoy - 31 Dec 2014 00:37

[Watson wrote:](#)

The Big Book does say we can recover.

But remember that the purpose of the steps is to grow closer to Hashem, so there is no end point.

Is that the purpose?

Is the purpose to become sober?

To lead a manageable life?

Step 11 does say that we now have had a spiritual awakenin', and step 1,2 and 3 are obviously filled with this as well, i.e., surrenderin' to a Higher Power; the steps about prayer as well, but is that the purpose, or the method?

I am also havin' trouble comin' to terms that this is the purpose if they make such a big deal about sayin, "god, as you understand Him," and this is written and prescribed for atheists as well. The purpose can then not be to bring one closer to God; no?

Thanks

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Re: Can I recover without the 12 steps?

Posted by Watson - 31 Dec 2014 01:40

Say you're out at the park and need to use a disgusting smelly public toilet, afterwards you leave the toilet and head back to the ice cream truck. Each step takes you further from the toilet and closer to the ice cream.

Each of the 12 steps takes you further from the addiction and closer to G-d.

Vayetzei Yaakov mib'er shova vayeilech choronoh.

The steps are designed to bring a person closer to the G-d of their understanding.

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Re: Can I recover without the 12 steps?

Posted by cordnoy - 31 Dec 2014 01:53

I agree with the mashal, but I am not sure about the nimshal.

I agree that one who does the steps will get closer to the god of his understandin', but is that the purpose.

Do the founders say this?

I couldn't find this in the books that I have.

I feel that I am not just nitpickin', although I am known to do that - at times.

I think it might be more than that, but I can't exactly put it into words now.

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Re: Can I recover without the 12 steps?

Posted by Watson - 31 Dec 2014 02:09

Can I just point out that I spent over half an hour thinking about how to reply to your last question. It's quite disheartening to see you dismiss it so casually. Please let it settle a little first, if only to make me feel like my thinking time was worthwhile.

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Re: Can I recover without the 12 steps?

Posted by cordnoy - 31 Dec 2014 03:42

my dear friend Watson,

I cried twice.

The first was by your response.

It happens that I am a quick responder and a fairly fast typist.

I will not get involved in my thought process.

In my initial question to you, whom I hold from immensely, in clarity of thought, direction and vision, straightness and resolute, I researched for an hour, or fairly close to it in the books that I have access to. Now, I am not anywhere near an expert in these areas; I am a complete rookie at it, but I could not find in any of the introductions or the steps that I looked at as the purpose of the steps bein' on account of becomin' closer to God, which by the way, would be a tremendous cause and result, and well worth it. So, I was confident in my question - not that I was right, but that I wouldn't be sayin' against a b'feirushe Sandy or Bill - at least in my texts, but I was also confident that you'd be able to explain me the rationale behind your statement.

And in your response with the mashal, I asked again.

I cried again upon a fifteen minute frantic search for the post that I needed to answer, after I switched computers, until I realized what happened then.

Watson (only on phone do I call you by your first name), I hold you in the highest regard and esteem, like I said above. yes, our thinkin' is sometimes different, but I keep communicatin' and wantin' to hear your input.

And most of all, in my last two falls over the last 19 months, who was it that I reached out to with my desperate pleas? Who was it that I called, texted, emailed to set me straight and to hopefully explain to me why I am about to engage in a cliff-jumpin' sport? Do I need to answer that?

Not to you I don't.

You know.

I am sorry and thank you (kotchker selichos)

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