

Making Aliyah....concerned about recovery in Israe

Posted by chabadkooknik - 03 Aug 2015 20:57

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Hi all,

So I am gearing up to make Aliyah and I am worried about what my recovery will be like in Israel. Does anyone have insight into the recovery community there? Thanks Avi

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Re: Making Aliyah....concerned about recovery in Israe

Posted by cordnoy - 03 Aug 2015 21:47

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What was your recovery like here?

There are many recoverers there as well.

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Re: Making Aliyah....concerned about recovery in Israe

Posted by chabadkooknik - 03 Aug 2015 22:08

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Here's my answer in a nutshell:

I'm sober for TODAY...not tomorrow...not yesterday.

If I slip...so what...I slip...no big deal...this is a lifetime marathon of recovering not a temporary race to be "won" or "lost"

I'm not cavalier, I'm just pragmatic about it all. I know I will slip again at some point,

but I know that incrementally it just get's longer and longer between slips and my life just get's better and better and more manageable.

I have made tremendous progress, from every night porn usage of 6-10 hours a night just five years ago to now intermittently masturbating without pornography.

I've been off pornography for 100 days.

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Re: Making Aliyah....concerned about recovery in Israe  
Posted by cordnoy - 03 Aug 2015 22:32

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Not that you have to, but you never answered my question.

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Re: Making Aliyah....concerned about recovery in Israe  
Posted by chabadkooknik - 03 Aug 2015 22:59  
So the question is the same, whats the community like in Eretz Yisrael

Sorry, I misunderstood your question. I thought you were asking if my recovery was going well or not.

It seems that you are asking me what my recovery looks like.

I go to at least one meeting a week at SAA. See my sponsor a couple of times a month. I go to my Men's sex addiction group every Monday night and that's about it. I do step work every day.

I keep it simple, try not to overthink it.

Hope that's a better answer.

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Re: Making Aliyah....concerned about recovery in Israe  
Posted by cordnoy - 03 Aug 2015 23:16

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Perfect!

Regards

continued hatzlachah.

You can do the same there.

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