

Experience, strength & hope

Posted by serenity - 04 Aug 2015 20:47

This is part of the message that pops up when logging into GYE. It flashes up and disappears kind of quickly, so I thought it may be helpful to post it here.

"It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful."

Also here is a short excerpt from sunrisedetox.com:

"And that's where the experience, strength and hope of others matters. In order for us to have faith in the program, we have to see that it works. Listening to other addicts tell how it was with them, what worked for them, the results and their hopes for the future — or maybe just how scared they are — tells us that we're not alone, and gives us hope. I may not believe that I can do it, but if I see and hear that there are people who felt the way I felt, who had many of the same or similar experiences, who suffered the same shame, guilt and despair, and that they've managed to get beyond all that, turned their thinking around and begun to live, then just maybe I will begin to believe that I can do it too.

Further into our recovery, we may listen with a changed ear and be able to hear how we can apply the experiences of others in our own lives. In the beginning, though, we simply need the reassurance that we are not the only ones who behaved the way we did, that others have recovered successfully and are willing to share what they've learned, and that we are not alone.

That's why we're told to identify with the lives and feelings of others, and not compare. The details don't matter. The feelings, fears, and humanity that we share with our fellow addicts are the keys."

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