Dealing with stress
Posted by NotAlone - 06 Nov 2009 04:34

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Before I started on my road to recovery, I was pretty numb to reality. Words and actions spoken and performed by others and myself mattered little to me, since any bruises from the bumps in life could be numbed by an unhealthy painkiller.

Now that I am emerging from the mess, I find myself much more attuned to the world around me. I can gain joy from everyday life again, and I've recaptured some of the happiness of childhood. However, as an adult, I have to face a lot more responsibilities than I did as a child, responsibilities that snuck up on me as I was in my medicated daze, which I had handled clumsily or half-heartedly.

When I was under the influence, I could act brazenly and haughtily, insult and shame without repercussion, since any pain or insult I collected in the process would be taken away.

So together with the joy of cleanliness and reality, I have to face the bumps in the road as well. I have never learned to cope with stress in human interactions in a healthy way, and I need guidance.

What is the right way to deal with the stress of living?

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Re: Dealing with stress
Posted by the.guard - 06 Nov 2009 07:07

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You have hit the nail on the head and you are NOT-ALONE! That is the entire purpose of the 12-Step program, literally. Not to teach us how to STOP acting-out, but rather to address HOW to LIVE without resorting to the drug.. i.e. How to let go of stress, resentments, the need for control, etc... This is what you will learn in 12-Step groups and by working the steps. Can you join an SA group in your area? Or have you considered joining Duvid Chaim's 12-Step phone group, or Boruch's? See **this page** for the options.

P.S. See also Chizuk e-mail #478 on **this page** for more on "Dealing with Stress"

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Re: Dealing with stress
Posted by NotAlone - 06 Nov 2009 18:52

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I think you misunderstood my meaning when I posted because I was unclear; I was a little upset when I posted...

Most of the time, "kicking the habit" has been a positive experience. It is only sometimes, when I go through a particularly rocky argument or have to deal with a person that I very much dislike that I feel stressed. This is not an underlying or constant problem, but when I am presented with it I feel an urge to act out, because that was how I used to deal with it. I want to know some small techniques or comforting thoughts or whatnot that can help me cope with those moments. Joining a full-time program meant to completely change your way of living is not what I want right now, or what I think I need. Besides, as an inexperienced teenager who has never really hit rock-bottom, I would feel EXTREMELY out of place in an SA group or phone conference. It took quite the effort to convince me to even join this site, and even that has it's out-of-place moments.

So, in short: I will look over the 12 steps and consider the lifestyle that they outline, and I appreciate the concern, but I don't think I need such an extreme measure such as joining a live group.

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Re: Dealing with stress
Posted by the.guard - 07 Nov 2009 17:11

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I see that I misunderstood, but that's Ok, because the way you presented the question was very good for our Chizuk e-mail on Friday... I think that many people need to hear this message...

Did you see Chizuk e-mail #478 for more on "Dealing with Stress"?

I agree you should read up on the steps... You can download the Big Book and "The 12 & 12"

on **this page** (scroll down).

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