

The Workout Room!

Posted by stillgoing - 03 Jan 2017 21:29

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### **Greetings and welcome to the Workout Room.**

Each person on this site came here for his (her) own reasons. For many of us, that reason is, trying to break free from our obsessive attachment to lust. But even here, there are many reasons that we like to lust, and each person can have different things that will work (to varying degrees) to help us get back to our clean lives. As many here know, this problem is not only a religious problem, and people all across the globe have been working on the very issues that we are. The 12 step program has worked for many (although not all) helping them to reclaim their lives and stop that lusting once and for all. The 12 steps actually has very little to do with lusting at all, and is much more focused on letting go of our need to control situations, seeing the other side, and getting in touch with the Higher Power (sounds fluffy, no? but many people jew and non-jew alike have gained tremendously from it.). *(Disclaimer: the above words are mine alone, I'm not a professional on the 12 steps and others with more experience may describe it differently.)*

That said, the 12 steps are normally done in a group setting. Those who have went to a meeting (and you can chime in now, if you have ;-) ) have said that a lot is to be gained by meeting face to face. Here on gye, we're in a virtual world. Most of us don't know each other personally, but perhaps we can still gain by going through some of those steps here on the forum.

The basic book used for the 12 steps is the Big Book (created by alcoholics anonymous), or the White Book (which is basically the Big Book adapted for lustaholics). There is a smaller book called "*12 steps - 4 hours*" available online as a pdf). I would like to go through some of that book here on forum. Perhaps I will be alone, or perhaps others will join me for the ride. My objective is to motivate myself to work the steps. If this is boring to you, may I suggest "*The depressed persons chill spot*" in the just having fun section, or even better, the "*Daily Quote*" thread.

Still here? Great! Let's go

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Re: The Workout Room!

Posted by cordnoy - 06 Jan 2017 07:13

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They are not powerless over lust.

Theyl might be powerless over other stuff.

I don't like gettin' into the general life stuff, for that gets into bechirah/yediah questions.

Step one and two can be modified, our can be skipped entirely.

But like it has been said, one who is not addicted has a greater chance of not followin' thru with the program.

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Re: The Workout Room!

Posted by Watson - 06 Jan 2017 08:35

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[Shlomo24 wrote on 06 Jan 2017 00:29:](#)

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True. But step 1 is true of a co-dependant. This gives them the motivation to work the steps.

But it doesn't help a regular guy to admit he's powerless over lust when he's not.

Just like it wouldn't help me at all to admit I'm powerless over alcohol. Why would I to go meetings and say it when it's not true?

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Re: The Workout Room!

Posted by stillgoing - 06 Jan 2017 15:04

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[Watson wrote on 06 Jan 2017 08:35:](#)

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Just like it wouldn't help me at all to admit I'm powerless over alcohol. Why would I to go meetings and say it when it's not true?

Because, as you all said that most of the steps are true for everyone. Sounds like it's only step 1 thats hard for a non-addict.

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Re: The Workout Room!

Posted by stillgoing - 06 Jan 2017 15:07

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I don't think that there is a point to arguing if a non-addict will have the drive to complete the 12 steps or not. But for anyone reading this who is thinking if 12 steps makes sense for you, it sounds like the heavyweights here said that start with step one, but don't get turned off by step

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Re: The Workout Room!

Posted by cordnoy - 06 Jan 2017 16:17

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[stillgoing wrote on 06 Jan 2017 15:07:](#)

I don't think that there is a point to arguing if a non-addict will have the drive to complete the 12 steps or not. But for anyone reading this who is thinking if 12 steps makes sense for you, it sounds like the heavyweights here said that start with step one, but don't get turned off by step

one. The meat and potatoes are still to come.

Another seven pounds and I will be indeed a heavyweight. Yikes!

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Re: You want to work? Come on and join!

Posted by Hashem Help Me - 06 Jan 2017 18:32

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Although most of the 12 steps are good for everyone, even non addicts, there are areas where a

non addict will lose out. For example an addict gains from "surrendering" while everyone else can and should fight to remain in control of their urges. Of course they should also ask Hashem for help, but it's a different type of help; to remain in control.

We all benefit tremendously from GYE. The ability to be part of a movement is so powerful. We, members of all segments of klal yisroel, are in this together - inspiring each other, being available for each other, and being mechazek each other. This multi faceted site, with forums, an emergency call number, group phone sessions, articles, videos, Taphsic, etc etc etc is designed for us to succeed. We have the opportunity to applaud each other on our advances in the 90 day chart, but more important, the 90 day chart is actually something so much greater. We simply dont want to disappoint each other. We dont want a newcomer to see it being impossible. At the same time if we fall and start again, we inspire others. Hatzlocha to all!

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Re: You want to work? Come on and join!  
Posted by Shlomo24 - 06 Jan 2017 19:18

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[Hashem Help Me wrote on 06 Jan 2017 18:32:](#)

Although most of the 12 steps are good for everyone, even non addicts, there are areas where a non addict will lose out. For example an addict gains from "surrendering" while everyone else can and should fight to remain in control of their urges. Of course they should also ask Hashem for help, but it's a different type of help; **to remain in control**.

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I'm not sure if I understood what you meant. It was a rookie mistake of mine that I surrendered to stay in control. I no longer do that. I surrender because I'm powerless and I give up.

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Re: The Workout Room!  
Posted by Watson - 07 Jan 2017 18:53

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[stillgoing wrote on 06 Jan 2017 15:04:](#)

[Watson wrote on 06 Jan 2017 08:35:](#)

But it doesn't help a regular guy to admit he's powerless over lust when he's not.

Just like it wouldn't help me at all to admit I'm powerless over alcohol. Why would I to go meetings and say it when it's not true?

Because, as you all said that most of the steps are true for everyone. Sounds like it's only step 1 that's hard for a non-addict.

Like a builder saying "it's only the foundations that are weak, the rest of the building is fine."

?The reason why I'm uncomfortable with all this is because I've often seen people here who say "I've done SA / the 12 steps and it didn't work." After a few questions it turns out that they've done bits of the steps, expecting to get some results. But the book makes it absolutely clear that **half measures avail nothing**. Half measures don't avail half results, they avail nothing. Bear in mind that in SA step zero comes before you even work the steps. Step zero is to go to meetings and get a sponsor. The book says that few addicts can get sober without this. (There are other recovery methods / programs available that don't require participation in meetings. Just saying.)

So I feel that the addicts here who want to do the 12 steps should be told "great, go to a meeting, they can help you do the steps there." And the non-addicts who are interested in 12 steps should be told "OK, I don't understand why, do whatever you want, but I can't really help you cos I don't have experience with half-doing the steps."

Unfortunately I have to log off soon for a couple of weeks so I won't see the arguments against for a while. I don't mean it to be a hit and run post. I will say that **what I wrote is just my opinion**, not the opinion of SA and **I don't expect everyone to agree**. I actually be a little worried if you all did.

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Re: The Workout Room!

Posted by Gevura Shebyesod - 08 Jan 2017 05:55

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Just wanted to put out there that Rabbi Abraham Twersky seems to think that non-addicts can use the steps, in fact he does so himself. Perhaps he addresses this in one of his books.

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Re: The Workout Room!

Posted by thanks613 - 08 Jan 2017 06:40

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Thanks for the post Watson. At least your a cordial hit-and-runner

I can't claim to be a 12-stepper yet, even if I do go to meetings. Honestly, when I say I am powerless or call myself a sexaholic at meetings my heart is not always fully in it. Sometimes I'm saying these things because it feels like the "entry fee" to SA and the group, which I find helpful and want to be associated with. But I am, really thinking to myself something more like "Lust is a major problem for me. My life with lust is unmanageable. I would be a fool to think that I can successfully quit on my own, 'cause it hasn't worked for me before." Maybe I am a sexaholic "as I understand it".

I've been working on step one for a while now - writing out and thinking about my story in great detail and trying to gain a clearer view on my problem. In the end, I may not conclude that I am an addict, but step 1 will, I hope, still prove to be a great help to me, even if it means I cannot

really do steps 1 and 2 in the conventional sense because I am not "insane" in that way. If I ever get to the end of my step 1, I'll keep y'all posted b'n about how it turns out.

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Re: The Workout Room!

Posted by Hashem Help Me - 08 Jan 2017 15:46

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I see my comments generated a bit of back and forth. Everyone should do whatever helps him be successful. For one person it is to surrender, admit powerlessness, and ask Hashem to "take it away". For others (non addicts), it is to empower themselves that theyCAN remain in control. Many of the other aspects of 12 steps are beneficial for everyone, especially the joint effort, camaraderie, and being in touch with pthers sharing similar struggles (either face to face or on forums,etc). Having a sponsor/partner is great also. Hatzlocha to everyone. We are all to be proud of ourselves for putting in the effort!

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Re: The Workout Room!

Posted by cordnoy - 08 Jan 2017 16:15

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[Hashem Help Me wrote on 08 Jan 2017 15:46:](#)

I see my comments generated a bit of back and forth. Everyone should do whatever helps him be successful. For one person it is to surrender, admit powerlessness, and ask Hashem to "take it away". For others (non addicts), it is to empower themselves that theyCAN remain in control. Many of the other aspects of 12 steps are beneficial for everyone, especially the joint effort, camaraderie, and being in touch with pthers sharing similar struggles (either face to face or on forums,etc). Having a sponsor/partner is great also. Hatzlocha to everyone. We are all to be proud of ourselves for putting in the effort!

Generally speakin', the moment I take pride is the moment I begin to fall.

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Re: The Workout Room!

Posted by stillgoing - 08 Jan 2017 19:28

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***There is a solution...***

If you are as seriously *addicted* as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible (*Is life becoming impossible? yes-no?*), and if we had passed into the region from which there is no return through human aid, we had but two alternatives:

One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help (*Are you ready to accept spiritual help - yes-no?*).

This we did because we honestly wanted to, and were willing to make the effort. (*Are you willing to make the effort - yes-no?*)

...and strange as this may seem to those who do not understand—once a psychic change has occurred, the very same person who seemed doomed, who had so many problems *they* despaired of ever solving them, suddenly finds *themselves* easily able to control *their* desire for *acting-out behavior*, the only effort necessary being that required to follow a few simple rules.

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Re: The Workout Room!

Posted by Hashem Help Me - 08 Jan 2017 20:24

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Life is BH not impossible. Definitely ready to accept spiritual help and willing to make the effort

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