

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 thanks613 - 09 Jan 2017 01:46

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What kind of "spiritual help" are we talking about here? As frum jews, I think it's easy for us to say "yes I want to grow spiritually and be closer to Hashem and more observant of the mitzvot". But that attitude has not been working for us, obviously.

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Re: The Workout Room!

Posted by stillgoing - 09 Jan 2017 02:10

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[thanks613 wrote on 09 Jan 2017 01:46:](#)

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First of all, I'm not sure how you meant it, but I don't think that it's fair to say that 'being close to Hashem, and more observant of the mitzvot' don't work for us. I do not believe that we truly put in the sacrifice and effort into it to make it work. But that's really not the point that we were discussing, was it?

The spiritual help that I was referring to on the bottom of page 3, is 'SA spirituality' that does not go against the Torah and yet I'm uncomfortable with it because of its source. I think that it's proper to question it to make sure that it is in keeping with our faith, but after one concludes that it actually works well with a lot of what Chazal has said, (which a lot of it does), then I should accept it and move on...

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Re: The Workout Room!

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Posted by cordnoy - 09 Jan 2017 14:29

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[stillgoing wrote on 09 Jan 2017 02:10:](#)

[thanks613 wrote on 09 Jan 2017 01:46:](#)

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Perhaps focus on definition 1,2 & 3.

[www.dictionary.com/browse/spirituality?s=t](http://www.dictionary.com/browse/spirituality?s=t)

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Re: The Workout Room!

Posted by stillgoing - 09 Jan 2017 15:18

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[cordnoy wrote on 09 Jan 2017 14:29:](#)

[stillgoing wrote on 09 Jan 2017 02:10:](#)

[thanks613 wrote on 09 Jan 2017 01:46:](#)

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Www.dictionary.com

spirituality

[spir-i-choo-al-i-tee]

noun, plural spiritualities.

1.

the quality or fact of being spiritual.

2.

incorporeal or immaterial nature.

noun, plural spiritualities.

3.

predominantly spiritual character as shown in thought, life, etc.; spiritual tendency or tone.

4.

Often, spiritualities. property or revenue of the church or of an ecclesiastic in his or her official capacity.

#1 and 3 don't help at all, but I like the way #2 sounds (even if I can't pronounce all of the words)

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Re: The Workout Room!

Posted by cordnoy - 09 Jan 2017 17:07

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of or relating to the spirit or soul, as distinguished from the physical nature:

a spiritual approach to life.

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Re: The Workout Room!

Posted by Shlomo24 - 09 Jan 2017 21:46

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I understand that something is spiritual when it has the power of God flowing through it. To live a spiritual life means I'm devoting my life to God and living in his light and way of life. Spirituality is that power, flow or light from God. I obtain spirituality by devoted myself to God.

I have a prayer that I say, "God, please make me a beacon of your spirituality." I imagine it as a

vessel that emanates light on to others.

For me, spirituality is always symbolized as a light. I find it helpful to bring abstract concepts down to earth with real-life comparisons.

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Re: The Workout Room!

Posted by cordnoy - 09 Jan 2017 22:00

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[Shlomo24 wrote on 09 Jan 2017 21:46:](#)

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The reason some of us do not like that understandin' or definition is because then it gets involved with the need to determine which God is being referenced.

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Re: The Workout Room!

Posted by stillgoing - 10 Jan 2017 19:31

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The Essentials of Recovery

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves... We thought we could find an easier softer way. But we could not... Half measures availed us nothing.

Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn't want the program. But great numbers of these—about two out of three—began to return as time passed.

We find that no one need have difficulty with the spirituality of the program. Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.

Willingness: Are you willing to show-up and do the work? (yes-no?)

Honesty: Will you answer questions honestly with a simple yes or no? (yes-no?)

Open mindedness: Will you lay aside any prejudices, experience the program and assess the results for yourself? (yes-no?)

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Re: The Workout Room!

Posted by stillgoing - 10 Jan 2017 19:37

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The above quote may make some people upset. One may say that he tried 12 steps, he is willing to be honest, but it 'wasn't for him'. Let's just remember that those writing it are writing their own opinion based on their experiences. you don't have to agree with it, just like they don't have to agree with you.

**Warning: Spoiler!**

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Re: The Workout Room!

Posted by Workingguy - 10 Jan 2017 20:23

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[stillgoing wrote on 10 Jan 2017 19:37:](#)

"stillgoing" post=302747 date=1484077043 catid=1

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**Warning: Spoiler!**



I'd imagine that you're correct that many who left didn't really try it. And I'd imagine hat for many, it wasn't for them and maybe even didn't work for them. There's no magic to the 12 steps that guarantees it works for everyone. If you automatically say that anyone who it didn't work for didn't really try, then you've given it a 100 percent success rate for those who try.

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Re: The Workout Room!

Posted by stillgoing - 10 Jan 2017 23:35

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[Workingguy wrote on 10 Jan 2017 20:23:](#)

[stillgoing wrote on 10 Jan 2017 19:37:](#)

"stillgoing" post=302747 date=1484077043 catid=1

The above quote may make some people upset. One may say that he tried 12 steps, he is willing to be honest, but it 'wasn't for him'. Let's just remember that those writing it are writing their own opinion based on their experiences. you don't have to agree with it, just like they don't have to agree with you.

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Nobody said anything about a 100% success rate. It is certainly possible that it would not work for some people, as everyone is different and one-size-fits-all answers rarely work for all. However, based on what I've heard from people associated with gye who say that '12 steps aren't for them', most of them have not really tried it for an extended period of time. If they would put everything into it - would it work for them? I have no idea. I'm simply sharing my observation, but of course you are right that there is never a guarantee, with any 'proven' solution.

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Re: The Workout Room!

Posted by Shlomo24 - 10 Jan 2017 23:37

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It's funny. I knew who was responding to the quote even before I saw the username. Hey, at least we're consistent!

And I have had the same experience as SG.

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Re: The Workout Room!

Posted by Hashem Help Me - 10 Jan 2017 23:42

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I have met quite a few people through GYE who are doing BH great without 12 steps. One of them just passed his one thousandth day! (bli ayin hora) Different things work for different people. It does seem however that serious addicts need 12 steps.

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Re: The Workout Room!

Posted by stillgoing - 10 Jan 2017 23:50

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[Hashem Help Me wrote on 10 Jan 2017 23:42:](#)

I have met quite a few people through GYE who are doing BH great without 12 steps. One of them just passed his one thousandth day! (bli ayin hora) Different things work for different people. It does seem however that serious addicts need 12 steps.

I would never suggest that one cannot become sober without the 12 steps, nor would I say that it would definitely work. That was not what I wrote above.

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