

join SA!

Posted by mikestruggling - 29 May 2017 22:41

I joined SA two weeks ago i think it was a great idea. My therapist recommended it they have a lot to offer. i'm bli'n gonna try to share what i learn. (will try to post around once a day no promises)

Feel free to share your experiences.

DISCLAIMER: This is for sexaholics who have no control over their addiction. If you feel like you have no control your only chance is the 12 steps. You can do it by phone though I think meetings are optimal.

Do you have any fears of joining post them and i'll try to answer.

The first and main thing is that we are looking for serenity peace with ourselves. When we achieve that we can start recovering. My therapist said that anxiety comes from feelings of guilt if you feel guilty or isolated then SA is for you. Guilt and isolation are what i think the biggest deterrent to serenity.

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Re: join SA!

Posted by cordnoy - 29 May 2017 22:52

I wish you lots of hatzlachah.

Do me a favor please.

Share your feelin's and your issues and your successes.

Don't make assertions as to what and who SA is for. Don't issue statements that SA is the only remedy if.....

We'd like to hear your recovery story.

Thank you and hatzlachah

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Re: join SA!

Posted by mikestruggling - 01 Jun 2017 19:25

thanks cordnoy

i should have made myself clearer. i don't want c"v to cause anyone to be nicshal. i'm worried that if i write something like these issues are not fully in your control people will take it the wrong way and use it as an excuse. so what i mean is if anyone reads what they teach that there is a degree of no control and feels he has no control DON'T JUST KEEP ACTING OUT there are things which you can do such as joining SA there may be other things check out the 20 tools but DO SOMETHING

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Re: join SA!

Posted by mikestruggling - 03 Jun 2017 21:14

so i'm in a group full of regular guys whats geshmak is that moment that you realize that

1 our problem is a sickness

2 you aren't suffering alone (i know being on GYE should've taught me that- but there's nothing like meeting a guy who literally sits on your bench first seder or others whom i know from around)

3 there's a simple and effective way out (i know its gonna be hard it still is simple)

4 as they say "many have gone down that road before"

no i'm not sober yet but i have hope and i'm better off than i was a month ago

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Re: join SA!

Posted by mikestruggling - 05 Jun 2017 08:29

One of the big things spoken about in the literature is Connection (they write it with a capital don't ask me why). This means connecting with the Riboinoi Shel Oilem and lehavdil with others in your group or others who struggle. I am right now in a big nissayon so i called someone it definitely lessened my urge though i am still powerless and need help from Above.

Have an awesome day

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Re: join SA!

Posted by mikestruggling - 06 Jun 2017 09:48

Baruch Hashem I pulled through yesterday. When i shared my struggle and how I overcame it by a meeting last night I got a round of applause. I realized that its not only for myself that I should keep myself sober everyone in the group cares about me and wants me to stop. It's a great feeling!

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Re: join SA!

Posted by mikestruggling - 07 Jun 2017 18:28

I am learning more and more from meetings about this problem and about myself. Case in point: Did you know that just resentment can trigger you? or loneliness? I didn't either believe it at first then today someone ignored me and I noticed my thought process going something like this

"Why is he ignoring me?"

"Who does he think he is?"

"O.K. I don't care about him I can take care of myself..."

Baruch Hashem I didn't act out I was able to come to the decision that if he ignores me that's not my problem. Hatzlacha!

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Re: join SA!

Posted by Hashem Help Me - 08 Jun 2017 02:44

Mike, be proud of your personal development and growth. Keep on staying clean. We are all cheering for you.

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Re: join SA!

Posted by mikestruggling - 11 Jun 2017 05:55

wow! it's getting tougher i make phone calls to stay in touch that helps. i daven the serenity prayer often that helps too. a small part of me (O.K. not a small part) resents SA because it works... ...and i enjoy acting out (it's all about honesty).my motivation comes from those times when the "fog" lifts and i see clearly and i know that the further i go in recovery the less fog there will be.

have an awesome day

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Re: join SA!

Posted by mikestruggling - 12 Jun 2017 12:47

My sponsor set me a goal of thirty days after which i would start working the steps. I was having a hard time with that it was pressuring so he told me the old saying ODAAT (one day at a time). i beg to differ i can't commit to a whole day that's very long. i have no control of what will happen in 2 hours rather i focus on one thing and that is RIGHT NOW and that's it. that together with the tools work for me.

have an awesome day

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Re: join SA!

Posted by Trouble - 12 Jun 2017 12:51

[mikestruggling wrote on 12 Jun 2017 12:47:](#)

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One day at a time has nothing to do with a 24 hour day. Your sponsor probably should have explained that to you.

Sponsors aren't saints, Popes or kings, but if you're disagreeing with your sponsor, it is not a recipe for sobriety. (Just my haughty opinion)

Wishing you well.

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Re: join SA!

Posted by mikestruggling - 12 Jun 2017 20:09

[Trouble wrote on 12 Jun 2017 12:51:](#)

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Wishing you well.

i'm gonna work backwards

fist of all i didn't disagree with my sponsor i spoke that part over with him

also maybe my sponsor IS the pope

finally maybe explain what you mean by "ODAAT has nothing to do with a 24 hour day"

stay out of trouble

have an awesome day

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Re: join SA!

Posted by cordnoy - 12 Jun 2017 20:57

[mikestruggling wrote on 12 Jun 2017 20:09:](#)

[Trouble wrote on 12 Jun 2017 12:51:](#)

[mikestruggling wrote on 12 Jun 2017 12:47:](#)

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You wrote in the first quote after you related what your sponsor told you that you beg to differ.

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Re: join SA!

Posted by mikestruggling - 13 Jun 2017 05:21

you can't be medayek my words like that. i don't remember if i spoke it out with my sponsor before or after posting probably after then it means i had this idea and then eventually i spoke to my sponsor.

have an awesome day

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Re: join SA!

Posted by mikestruggling - 19 Jun 2017 20:57

i haven't posted in a while now i'm just here because i'm in a bit of a lust attack (and i can't really call anyone) and i need to surrender my lust to my higher power i am afraid of losing my sobriety (which is the longest now in over one and a half years) i need to decide that i can't control my taivois/desires i can only control my reaction to them (i think, someone correct me if i'm wrong) and i can control right now

everyone else stay strong its not fun in a lust attack but posting is helping me

have an awesome day

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