

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 mikestruggling - 19 Oct 2017 19:44

[cordnoy wrote on 22 Jun 2017 17:28:](#)

[mikestruggling wrote on 22 Jun 2017 16:37:](#)

it is not necessary to answer my question for recovery. neither are my questions at all a reason not to believe in Hashem chalila aderaba the way i believe it works is proof in torah min hashamayim

but for those who do have questions on their emuna based on these questions should understand that the fact that the higher power "works" can't prove anyone is right about their religion/belief (simply) because it works for everyone

additionally we can't say there is no proof at all for spirituality especially after the doctors account in the "Big Book" so what IS going on (tough no?)

but i conclude for today that there is a reason to know how it works for i believe that through that we'll be able to work it more efficiently and effectively

have a great day

My apologies, but I haven't a clue as to what you are driving at. You have no issue, but you are worried about others; why?

i was going thru my thread and i came across this post and i feel ready to answer cordz' question.

i emailed Dov recently this question maybe a bit different and i noticed that when i start asking these questions it ultimately leads me to relapse. It seems that by me asking these questions deep down i'm telling myself i'm too good too bright for program. That may be why i'm "worried" about these questions. If I'm correct in my assumption about my motives then what i feel is the answer to that is i have to tell myself look at my count i have 11 days sobriety that's bubkes if i'm satisfied with the program and it works i have to keep my theorizing in the gemara and truck like a regular sexaholic. Then b'ezras Hashem maybe I'll live a joyous happy and free life.

hatzlacha

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Re: join SA!

Posted by cordnoy - 19 Oct 2017 23:41

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Ok. B'hatzlachah

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Re: join SA!

Posted by mikestruggling - 25 Oct 2017 11:05

Hi guys

Last night i woke up with an erection i was overcome with a urge to masturbate. and i prayed on it. it went away then i went and made a phone call to someone in America. i couldn't fall asleep for another two hours (i'm sick i was coughing etc.) and i didn't feel the urge again. i was listening to recovery speeches.

(Thanks R' HHM)

Hatzluche

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Re: join SA!

Posted by MayanHamisgaber - 25 Oct 2017 11:41

Hey you givin' him away

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Re: join SA!

Posted by mikestruggling - 29 Oct 2017 12:48

Hi

I'm slippin' and slidin' all over the place. My sponsor says I need to work program (as if) my life depends on it. I went today to buy a notebook to start my step 4 full throttle.

Hatzluche

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Re: join SA!

Posted by Hashem Help Me - 29 Oct 2017 12:53

What is triggering?

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Re: join SA!

Posted by mikestruggling - 29 Oct 2017 21:26

Due to my not feeling well i missed a couple of shiurim and all the regular ways of downloading

shiur just weren't working. I forgot that Hashem runs the world and it is possible that Hashem wants me not to hear these crucial shiurim and make the best of it.

I don't know. someone once said in a year i'll tell you what Hashem wants for now i just have to accept.

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Re: join SA!

Posted by MayanHamisgaber - 31 Oct 2017 18:22

Refuah Shilaima

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Re: join SA!

Posted by mikestruggling - 01 Nov 2017 12:40

Thanks mayan

so I am 24 days sober i noticed it's getting harder and easier at the same time. i have this mental thing telling me i deserve to masturbate i've earned it. but of course "for us to lust is to die" and no one deserves to die.

i've also noticed that in the past there were three "Mikes" Mike the ehrlicher guy (who really really means it). Mike the addict (if he had his way...). and Mike the emotionally unstable guy (anxiety socially off).

So we held a meeting to discuss whether or not we are all one person one said yes one said no and one abstained...

just kidding

now we're all learning to get along the more i'm in program the better they all are doing.

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Re: join SA!

Posted by Hashem Help Me - 01 Nov 2017 12:51

You deserve to live! And all three of you deep down agree to that. The ehrlicher guy should get more and more ehrlich. The addict should have a refua shleime. And the anxious/social guy should find peace.

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Re: join SA!

Posted by Gevura Shebyesod - 01 Nov 2017 14:04

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Re: join SA!

Posted by tzomah - 03 Nov 2017 09:52

the 3 mikes sounds like ifs therapy

did anyone hear of it?

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Re: join SA!

Posted by mikestruggling - 07 Nov 2017 12:56

"I may be schizophrenic, but at least I have each other"

30 days once again.

it's great that i was able to get here so quickly again. but i need to remember that i the days right after i acted out it was so so so hard to hold on to my sobriety. it's not worthwhile to try again.

Hashem sent me a gift today i went to a new psychiatrist who upped my prescription. why is that a gift? it's a reminder that i didn't even scratch the beginning of recovery there's a long **happy and joyous** road ahead.

Thank you chevreh for being there to send me to SA.

Thank you SA for being there to send me to The Riboinoi Shel Oilam

Thank you Hashem

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Re: join SA!

Posted by Hashem Help Me - 07 Nov 2017 13:44

Super! Just keep at it one day at a time and iyh you will go way past 90.

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