

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 - 13 Nov 2017 15:51

[mikestruggling wrote on 13 Nov 2017 12:12:](#)

There was a video which went a bit viral (it's on torahanytime.com no need to go to ~~BAD APP REMOVED~~) of R Moishe Weinberger shreiiing about some rosh yeshiiva who kicked out a guy for "pgam habris". check it out in this clip he says "those people (us) are the ones **really looking for Hashem**". He seems to mean what AA calls G-d-hunger. thought it was interesting.

have an awesome day

I was kicked out, deservingly so.

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Re: join SA!

Posted by cordnoy - 13 Nov 2017 20:06

[cordnoy wrote on 13 Nov 2017 15:51:](#)

[mikestruggling wrote on 13 Nov 2017 12:12:](#)

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I was kicked out, deservingly so.

Twice, as a matter of fact. Two different places.

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Re: join SA!

Posted by mikestruggling - 14 Nov 2017 05:45

Noone deserves to be kicked out over these things. Unless they are a bad influence and even then you have to help find a place. In my yeshiva (one of the best yeshivos in America) there was a guy on drugs who did not get kicked out. The rosh yeshiva talked with him and helped him.

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Re: join SA!

Posted by cordnoy - 14 Nov 2017 06:32

[mikestruggling wrote on 14 Nov 2017 05:45:](#)

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Ok; that's your opinion.

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Re: join SA!

Posted by tzomah - 14 Nov 2017 11:05

[cordnoy wrote on 13 Nov 2017 15:51:](#)

[mikestruggling wrote on 13 Nov 2017 12:12:](#)

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have an awesome day

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and how exactly do you know that

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Re: join SA!

Posted by tzomah - 14 Nov 2017 11:07

[cordnoy wrote on 14 Nov 2017 06:32:](#)

[mikestruggling wrote on 14 Nov 2017 05:45:](#)

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Ok; that's your opinion.

r' aharon kotler did not kick out a bochur who smoked on shabbos in kletzk only the bochur who wrote chidushei torah on shabbos got kicked out

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Re: join SA!

Posted by cordnoy - 14 Nov 2017 13:41

Like was said above, these things generally influence others.

Roshei yeshivos treat the kickin' out of a bochur as hilchos retzichah, and I deserved that twice (that they knew about).

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Re: join SA!

Posted by serenity - 14 Nov 2017 14:35

Someone sent me an interesting shmiras anayim video vort. I'm not it relates but it came to mind.

www.torahanytime.com/#/lectures?v=50573

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Re: join SA!

Posted by mikestruggling - 19 Nov 2017 17:02

42 Days!!!! That's the length of Shoivavim!!!!

How many times did I say this year I won't masturbate at all during Shoivavim?

That decision would ultimately change to no more than once a week. Then Monday came.

To all those who can't stay stopped for more than a week. There is hope. Back in my heyday I couldn't stop for two hours(!). By the grace of Hashem al yedei SA GYE mentor sponsor and more I have tools to stay sober ODAAT.

Thank you Hashem for sobriety today!!!

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Re: join SA!

Posted by Hashem Help Me - 19 Nov 2017 22:46

Mazel tov! Kein yirbu b'ezras Hashem. By sharing you are inspiring others that it can be done. Celebrate.

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Re: join SA!

Posted by mikestruggling - 24 Nov 2017 07:03

On wednesday I gave over my first step. Which is when you tell the group your acting out history outlining the powerlessness and unmanageability of your life. It was very very powerful. When I came home my wife wasn't home and I just broke down crying. I think because I noticed that I really can't afford to go back to acting out. It's a tough reality

Hatzlacha

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Re: join SA!

Posted by Singularity - 24 Nov 2017 10:45

Mazeltov on the milestone!

I wish I could break down crying. I wonder what will make me do that eventually. Hope it's something real though.

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Re: join SA!

Posted by Hashem Help Me - 24 Nov 2017 12:10

Crying is a way to wash ourselves out. A top (and very expensive!) psychiatrist compared it to lancing a boil. (in today's english that means busting open a pus filled infection....) You are fortunate to have reached a level where you were able to publicly (among friends in a safe atmosphere) review your challenges with all the gory details. Naturally that hurts, so you cried, and now you are cleansed, and are probably feeling a relief that you may never have experienced before. Yes its a tough reality, but now you have hope! You have shown us all that hard work pays off. You have devoted immense amounts of time and effort to break free. Hashem sees that, is proud, and is celebrating this milestone with you in ways we can only imagine.

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Re: join SA!

Posted by mikestruggling - 26 Nov 2017 12:48

before program whenever i would have some sobriety (like 3 4 days) i would want it to continue yet i knew it was impossible that was a very depressing thought.

now i know that i don't have to ever act out again

Hashem will help me ODAAT if I do my work

HatzlOOche

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