

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 Dec 2017 20:59

Hashem I am in a very dangerous state right now. I lost traction and my insanity says keep peeking here and there. HELP!!!! I can't do nothing. I commit to the oilem not to act out for the next two hours. Hashem please please take away my lust. Help me accept Your will and do what You want me to do.

I want to live free!!!

I'll only check back in about 10 hours or more.

Don't take sips it's not worthwhile.

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Re: join SA!

Posted by tzaddik212 - 19 Dec 2017 21:05

Hi Mike.

What helped me was, that i realized that my emotions and my actions are 2 different things. i am committed to act on my emotions, on the contrary, my actions need to be fully investigated by my brain, if it is fruitful to do the action. Recovery taught me, to separate actions and emotions. just take it one minute at a time. pick up the phone to someone else, do a chessed, these things helps me getting out of myself. Hashem is amazed by your willingness to be close to him, rather to the Yetzer hora. what an inspiration you are to me and to the whole Olem here.

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Re: join SA!
Posted by MayanHamisgaber - 19 Dec 2017 21:48

[mikestruggling wrote on 18 Dec 2017 11:47:](#)

Maybe call someone for as you said "I cannot do this alone" then whatever that person says do. If you don't feel like it daven for the will to do it.

it works for me

KOT

Hope to hear good news soon

KOMTNMW

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Re: join SA!
Posted by Markz - 20 Dec 2017 01:16

Mike 10 hours are up almost!

How did you hold up?

Keep your brights on and keep us posted!!!

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Re: join SA!

Posted by mikestruggling - 20 Dec 2017 06:00

thanks a lot guys

Hashem saved me once again. I read Dov's stuff how he writes "I don't deserve it" and stuff like that. One in a while I get that feeling. It happened last night. I made all the wrong moves and when I knew that any more and I would act out. I remembered I'm powerless and only then took some action. Baruch Hashem I'm "still in the game"

Markz tischadesh on the truck

tzadik212 I didn't really chap

mayan thanks sometimes it's easier to give out advice than to act I have to remember to practice what I preach

A git k'vittel

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Re: join SA!

Posted by MayanHamisgaber - 20 Dec 2017 13:04

[mikestruggling wrote on 20 Dec 2017 06:00:](#)

thanks a lot guys

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I agree 100% and I too need to work on practicing what I preach

KOMTNMW

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Happy to hear all is well
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Re: join SA!

Posted by mikestruggling - 20 Dec 2017 20:44

[Markz wrote on 20 Dec 2017 01:16:](#)

Mike 10 hours are up almost!

How did you hold up?

Keep your brights on and keep us posted!!!

markz your truck doesn't even have brights (at least on a NativUSA filter)

#WATCHWHEREYOU'REGOING

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Re: join SA!

Posted by mikestruggling - 22 Dec 2017 09:22

I'll let my count speak for itself:cry:

Trying not to be too down

Not to be too afraid of what will happen

Rely on Hashem

Build a better program

have a great sober Shabbos!!!!!!!!!!

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Re: join SA!

Posted by Hashem Help Me - 22 Dec 2017 13:46

What count?

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Re: join SA!

Posted by MayanHamisgaber - 23 Dec 2017 16:44

[mikestruggling wrote on 22 Dec 2017 09:22:](#)

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Mike sorry to see/hear about your fall

just remember that your' 75+ days are yours forever

KOMTNMW

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Re: join SA!

Posted by mikestruggling - 23 Dec 2017 20:42

[MayanHamisgaber wrote on 23 Dec 2017 16:44:](#)

[mikestruggling wrote on 22 Dec 2017 09:22:](#)

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People say that all the time, "your days are still yours". I'm not sure what that means and frankly, I don't care. Who cares whose days they are? mine, GYE's, my mentor, my sponsor or

SA? If anything it's Hashem's. But that makes no difference because that's all in the past.

What does make a difference is that I proved myself that it **is** possible to maintain sobriety. it's worthwhile it's happy joyous and free. additionally I picked up tools for the future. Nothing really changed except that now I have to go through the "phenomenon (spell-check) of craving" once again. I'm still in recovery and I still have all the tools I picked up. And I realize that Hashem loves me more than I can imagine.

As my sponsor said "you lost your sobriety not your recovery".

Having said that. no one should say "hey, I'll just act out and keep my recovery". your life can be exponentially more enjoyable if you are sober (that means real sobriety not abstinence *ayin the white book*). One of the guys in my SA group so eloquently (didn't need spell-check) put it "there is no bad situation in life which cannot be made worse by acting out"

KOT

A gitte vuch

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Re: join SA!

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KOT

A gitte vuch

For a non addict it means the schar and effort are not lost

For an addictIt probably don't matter

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Re: join SA!

Posted by youcan - 24 Dec 2017 17:00

I know 2 things that "your days are still yours" means:

1) I think there are 2 things that every Jew want to accomplish here, one is recovery & the 2nd thing is reducing our bad actions even before we fully recover, so you had 75 days of not acting out, not doing sins & fighting the YH badly! Yes, these days are yours forever! Hashem is very happy with you!

2) these 75 days made you stronger, every time you fight your lust you get stronger, so don't feel like you aimed to remain sober forever & you failed, it's not very true, these 75 days brought you a lot closer to your goal, you will benefit of the things you accomplished in these days "forever".

Be matzliach!

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Re: join SA!

Posted by mikestruggling - 28 Dec 2017 13:19

For an addict the worst thing about acting out is the following week.

I can't afford a binge, especially not now my *shvigger* (add adjective please) is in town also I wanna live a little bit. However when the craving comes back it is so so so intense. not acting out is like trying not to blink my body instinct is to act out. What saves me in these situations is:

1. I know deep down it is not worthwhile to act out
2. I know I can't not act out myself
3. I know Hashem will take care of me
4. I know the pain is just a process i have to get through so *im loi achshov aimosai*

So I start off just by asking Hashem "please help me I can't" like 100 times or so each time can be the same wording or different. Eventually I get "the courage to do the things I can" and take some action. "...and the craving passes"

Hatzlacha

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