

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 ieeyc - 22 Mar 2018 15:16

[ieeyc wrote on 21 Mar 2018 17:15:](#)

if anyone knows how to remove the thank you box from my post like berdichev did to his posts id appreciate it

lionking wrote:

He requested to close his account. So there isn't any user set up anymore, which is why you can't thank his posts.

ieeyc(alias Marka which is osiyos Karma)wrote:

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Re: join SA!

Posted by ieeyc - 22 Mar 2018 15:26

alls well that ends well,NOW CHEVRA,

Warning: Spoiler!

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Re: join SA!

Posted by ieeyc - 22 Mar 2018 20:34

crazy forum weather we`ve been having lately, yesterday the forum was very heated ,today its 5 below zero

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Re: join SA!

Posted by ieeyc - 22 Mar 2018 20:48

[ieeyc wrote on 21 Mar 2018 21:29:](#)

im sorry for speaking so tough ,**im bothered by s/o this morning who accused me of immaturity in a private message regarding the karmas**, , this person is the king of immaturity , you should only see some of his posts ,BH you dont know who im talking about so im free to vent,

wait till he sees my new avatar!

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Re: join SA!

Posted by Markz - 23 Mar 2018 00:37

[mikestruggling wrote on 28 Feb 2018 18:49:](#)

I had a productive talk with a member toay. He stated the obvious I have to get rid of ALL of my bottles if I want to recover. It will be hard. But so would jail or death. Or just cheating on my wife.

Hashem grant me the courage to take the next step in getting rid of my bottles.

Please don't let my bottles get rid of me.

See I confused arrur haman and baruch mordechai. Baruch mordechai (working program) works only after arrur haman (getting rid of triggers).

This purim I want to only take drinks of alcohol.

Freylichen purim.

THIS THREAD WAS HIJACKED!!

Mike,

Please accept my humble request of forgiveness from all your local friends here

How's the good life brother?

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Re: join SA!

Posted by ieeyc - 23 Mar 2018 09:16

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Sorry, Mike, I thought maybe I could cool this heated thread with a little ice cream, the floor is yours
Re: join SA!
Posted by mikestruggling - 26 Mar 2018 17:06

I was actually travelling and couldn't get to a computer (doing horrible without a computer) but I loved the discussion that was great entertainment one point wasn't raised and that is that SA for many people is pikuach nefesh d'rabim (whoever they would hurt) certainly pikuach nefesh for people themselves and we can't tell anyone not to go

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Re: join SA!
Posted by Dov - 29 Aug 2018 11:09

After reading through about half of this long thread it appears to me that your posting has done little more than complicate things by adding egos and the convoluted and distracting opinions of others, to your own thinking.

The forum is nice on a few levels, but comes at a very steep price, for many. Our thinking is convoluted and self-absorbed enough as it is, and often reaches new heights of both, here. Not so helpful...

Hope you're having a nice day, chaver!

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Re: join SA!

Posted by cordnoy - 29 Aug 2018 12:08

Dov, I am sorry if this saddens you, but Mike has been active on the gye forum, just not on this thread.

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Re: join SA!

Posted by Markz - 29 Aug 2018 12:10

Dov he's been busy on the forum recently. Yes this thread has been hibernating a little

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Re: join SA!

Posted by mzl - 29 Aug 2018 12:55

[workingmyprogram wrote on 21 Mar 2018 21:39:](#)

Firstly, you're making this personal and you're making assumptions about Cordnoy.

Look, I think this topic is hitting on a very sensitive chord for me. I never really shared with anyone how deceiving and horrible it feels to have people you trust, such as your own sponsor, challenge and ridicule your religious beliefs and then try and replace yours with their own. Looking back, it's clear to me that what I experienced was totally unethical and I equate it with a form of abuse (at the very least a huge transgression of boundaries). So when I come on here to share my experience and someone suggests that I could be making up stories, or tries to minimize my experience, it's actually very hurtful. I'm not trying to be a drama queen, but I feel like it's my responsibility to prevent what happened to me from happening to others. After The Meadows, I seriously considered giving up Yiddishkeit completely. I was even listening to Christian music for Gd's sake. This was due to all the anti Jewish messages I received. But then again, I made myself a target. They saw I was vulnerable, I was asking questions, and they decided to go for it. I will be the first to admit that others may have had different experiences there. And I'm sure a persons experience with SA depends a lot on where they go to meetings. I

started meetings in Isreal 10 years ago and never had the "missionary" issues, although the underlying Christian view point of lust was still being promoted of course. Once I got back to America and the meetings were mostly goyim, this is when it started. But I'll admit it's probably not the norm and hasn't been a constant issue for me, nor am I trying to portray it as one. However, even once is too much. To call these people "missionaries" is to inaccurately describe what they do. These are NOT professional people out to get us, who incorporate every conversation with their message. These are regular people in the meetings, who genuinely care about us, become close to us, and then after a while (sometimes even months) gently bring up how believing in the J man works for them. In my experience, once they bring it up once and they see you don't argue with them, this invites them to bring it up again and again. This is very subtle and most people wouldn't be able to label these guys as missionaries because it's so subtle. The point is, SA was not started by Jews, and therefore we can't control the message nor the membership. We need live groups for Jews that promote a Jewish perspective of how to deal with this struggle and that is only open to frum yidden who share our beliefs and sensitivities.

This doesn't sound convoluted to me, it sounds pretty lucid. It shouldn't cause people concern though. SA doesn't cause people to become Christians any more than life in general does. It's the people who are in SA but who are more distant from the SA culture that are likely to proselitize. But people should be told that just because you met someone in SA it doesn't mean they really have the culture.

It's a culture, not a religion. Religion is also a culture but also a lot more.

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Re: join SA!

Posted by cordnoy - 31 Aug 2018 13:34

Belongs in the Dov quotes section; great post (and he keeps to the "two minute" rule):

[Dov wrote on 04 Apr 2010 20:21:](#)

Just happenned to be "surfing GYE" and came upon this piece, sir. Gevalt. If you thought *that* was shtarkeh mussar, I am afraid the shtikle I posted to you last night makes it look like a joke! Oh boy....

Yes, I hardly know you. And you may be just fine with the phone meetings, but please remember that I have nothing to gain by being right in this venue - only *you* do, if you do what's better for yourself. If I am wrong, I am very sorry, and if I ever post anything embarrassing or hurtful I will pay, r"l. So please consider letting me know and then forgiving me when I ask mechilah.

If "echad hamarbeh..." ever applied to anything, it applies to recovery: It is quality, not quantity that matters above all. So yes - if the weekly phone meetings are a big deal for you and you attend them faithfully and try your best to use (work) whatever tools are placed at your disposal ***you will get better!*** There are plenty folks who go to live meetings in person even five times a week - and *still* do not get better! So, surely the attitude, honesty and desperation are what really matters. The rest is really siyata diShmaya!!

You are not alone. There are other rebbi-type persons I know who are in shoes similar to yours, if that's a bit of nechoma. One day you may even *meet* them (*if* you ever get to a meeting! ...sorry ;D)

If you want to talk, please PM me.

Hatzlocha and gut yomtov!

Dov

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