

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 GrowStrong - 22 Jun 2017 21:57

[Shteeble wrote on 22 Jun 2017 19:03:](#)

[Gevura Shebyesod wrote on 22 Jun 2017 17:29:](#)

It works because it's not so much about who/what the higher power is, as much as it is about the fact that it is someone/something other than ourselves.

and for the record

Any sober amongst them are sober only because Hashem wills it to be that way.

Hashem loves the yidden like a person loves his own children.

Hashem loves the goyim like a person loves his car.

For the record I had the schut many years ago to go to one of Rav Shimshon's couple shabbosim and he was one of my heroes in Torah.

I dont think he was talking about recovered addicts who give their lives and will over to the creator of the universe how they understand Him.

Because those people are just as precious in Hashems Eyes, and just as much His children.

Hashem has enough love for everyone who reaches out to Him.

And Hashem knows when someone says Yoshke if they are referring to Him or not.

Its not our place to read into their minds.

I have found less conflict with this whole discussion through having a mind focused on the Geula.

When we get to geula, The yidden will be the cohanim and the goyim will be the yidden, for Hashem will not be hidden like he was before, and ALL those that seeked Him will be a part of that.

So maybe the alcoholics who find God and recovery are sparks of the geula just like the children of the Elef Shviit are sparks of the geula (see ramchal)

Rav Taub says that addicts are just more spiritual creatures who need God in their lives all the time. That rings true with the above.

One of my theories is that most of the kids born today to Yidden are neshamot elef shvii... it would be one explanation why it says that having babies now in todays dor is bringing the geula.

But the fact is, that all this is just hyperbole, whats real and important is that we have to approach Hashem and give Him our lives to manage... and what Gevura said is exactly right... and what shteeble in reply that its all Siyatta Dishmaya is also right.

What ISNT siyatta dishmaya?

My recovery for SURE is.

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Re: join SA!

Posted by cordnoy - 22 Jun 2017 22:05

Some of the above I still don't understand.

PersonallyPersonally, the 12 steps have been workin' by me (if you call that workin'), for I was workin' the steps. Not really sure about the God part.

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Re: join SA!

Posted by cordnoy - 22 Jun 2017 22:11

[Shteeble wrote on 22 Jun 2017 19:03:](#)

[Gevura Shebyesod wrote on 22 Jun 2017 17:29:](#)

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and for the record

I don't know the full answer to the question that was posed

but

I know one hundred percent that yoshkeh isn't able to help any of his followers get sober.

Any sober amongst them are sober only because Hashem wills it to be that way.

which raises another issue.

GYE is fundamentally for the Jewish community,

but it is open to all.

And I don't know if the Guard and whoever else runs the show on this here site

wants any theological discussion running around and knocking woodford off the shelves.

They are sober because they worked it. Not sure if God cares one way or the other.

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Re: join SA!

Posted by GrowStrong - 22 Jun 2017 23:08

[cordnoy wrote on 22 Jun 2017 22:11:](#)

[Shteeble wrote on 22 Jun 2017 19:03:](#)

[Gevura Shebyesod wrote on 22 Jun 2017 17:29:](#)

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The steps:

Trust God do inventory constantly and help others

Seems That God is intrinsic in the steps.

Does God care if people trust Him?

I think care would be the wrong word.

Humans care..

God Loves.

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Re: join SA!

Posted by cordnoy - 22 Jun 2017 23:25

I remain with mine.

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Re: join SA!

Posted by Markz - 22 Jun 2017 23:45

We all have lots in common

Before SA or Gye we all worshiped the same Gd

Warning: Spoiler!

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Re: join SA!

Posted by mikestruggling - 23 Jun 2017 04:17

[Markz wrote on 22 Jun 2017 23:45:](#)

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Before SA or Gye we all worshiped the same Gd

Warning: Spoiler!

I have to be honest i clicked on your link just for that .0001% chance that it would lead me to the caption and it would make it thru my filter (nativusa)

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Re: join SA!

Posted by mikestruggling - 23 Jun 2017 06:07

to say that "it works because Hashem wants it to work" is 100% correct

however if i asked you how cars work the same statement would be correct. now imagine some guy in the 1800s is a tinkerer and he made this massive 20 foot by 20 foot machine thats 30 feet tall full with pipes tubes wires some gears etc. it requires petroleum water banana peels and some black pepper to run the machine. the final product can move by itself 7 mph that would be impressive no? now imagine the world would've said "we found it the horseless carriage" how does it work "Hashem wants it to work" we wont look into it. if that were the case we never would've been where we are today.

that is not exactly but similar to what the founders of AA did.a bunch of guess work and voila! it works! oh it has spirituality let's call that G-d (after all we have no shaychess to real spirituality).

i'd like to reiterate IT DOES INDEED WORK so if you or anyone truly wants to stop go for it (or any of the 20 tools (for you cordz)) and the gedoilim are for it so there is no chashash avoida zara vchulu. so if you decline to go to SA because of what i'm writing (and you have nothing better ayin ha'ara l'el) then first of all you are only hurting yourself additionally deep down you may not really want to stop

having said that why should we yidden be happy with what the program sets forth we DO have shaychess to real spirituality we should be able to design a much more effective and efficient version

i am nowhere near proficient enough in machshava to take achrayis but i am gifted with a good head and i have some ideas i'm here to get your feedback if i knew everything i'd put out a book (of course with a good editor look at my punctuation?) and maybe make millions

have an awesome day

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Re: join SA!

Posted by GrowStrong - 23 Jun 2017 09:36

[mikestruggling wrote on 23 Jun 2017 06:07:](#)

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have an awesome day

Have you read this thread yet?

[This](#)

Baruch became a big bokky in SA once he got past all the other stuff

other than calling each step by its Torah version I don't see any crazy way of reinventing the wheel...

emuna, bitachon, bittul, cheshbon hanefesh, selichot, ratzon, hitbodedut, gemilat chasadim, what's the common thread between them all asides from them each being steps.

they all appear repeatedly throughout mussar and chassidus. So we are blessed with references from the Torah for everything

It just means once we get it it should be a strong healthy truthful honest recovery.

by the way brother you are thinking too much

it was already mentioned here i am mentioning it again

I recognize it because it's one of my addictions

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Re: join SA!

Posted by mikestruggling - 26 Jun 2017 18:34

hi everyone

i have to be honest i thought i was so much better than SA i stopped making phone calls (yeah i know my signature but i'm obviously above my own advice as well). i acted out which was horrible, i did things that i haven't done since i started at SA. the silver lining is that i'm gonna have an easier time with my humility (for the next couple of hours)

have an awesome day

P.S. before i clicked submit below (to post) i chapped its all about submitting ourselves even if what i say may help someone it is the submitting which holds the key to sobriety (not figuring it all out)

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Re: join SA!

Posted by MayanHamisgaber - 26 Jun 2017 21:15

Thanks for the honest share

Looks like you have a good attitude

KOMTNMW

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Re: join SA!

Posted by mikestruggling - 27 Jun 2017 03:47

Thanx mayan

what's KOMTNMW?

btw i spoke to GS about OINK maybe let him know what time works for you

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Re: join SA!

Posted by GrowStrong - 27 Jun 2017 06:41

[mikestruggling wrote on 27 Jun 2017 03:47:](#)

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what's KOMTNMW?

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Keep on Monstah Truckin no matter what!

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Re: join SA!

Posted by MayanHamisgaber - 27 Jun 2017 10:37

[GrowStrong wrote on 27 Jun 2017 06:41:](#)

[mikestruggling wrote on 27 Jun 2017 03:47:](#)

Thanx mayan

what's KOMTNMW?

btw i spoke to GS about OINK maybe let him know what time works for you

Keep on Monstah Truckin no matter what!

Just tell me when you think and I'll try....

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Hey no fair gimme a chance to speak for myself!!!