

join SA!

Posted by mikestruggling - 29 May 2017 22:41

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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 dms1234 - 12 Jul 2017 14:32

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In my experience calling other members has really helped me. It helps me get out of my head and into the light. If you want, id be glad to speak. Email me for my number:

[dms1234ongye@gmail.com](mailto:dms1234ongye@gmail.com)

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Re: join SA!

Posted by mikestruggling - 16 Jul 2017 05:27

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Hi and a gutte voch

On shabbos I came across a wonderful shtickel from the piasetzna about resentments and fears maybe later i'll elaborate but anyone can check it out themselves its in "tzav veziruz" which is printed in the back of the "hachsharas avreichim" ois daled

have an awesome day

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Re: join SA!

Posted by mikestruggling - 26 Jul 2017 20:33

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Hello Chevra just got a new sponsor

he's starting me on my 1st step

gave me a lot of homework i'm very happy with that i think because then i'm progressively working on my illness not just sitting back to "dry out" which, frankly, wasn't working

i'm excited i came to SA to work the steps but my previous sponsors all said you need x days of sobriety to do the steps

have a gr8 day

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Re: join SA!

Posted by Shlomo24 - 26 Jul 2017 21:23

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Find your truth. Some people need to hit the ground running with the steps and some don't. Keep it up.

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Re: join SA!

Posted by bb0212 - 27 Jul 2017 04:37

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[GrowStrong wrote on 22 Jun 2017 23:08:](#)

Does God care if people trust Him?

I think care would be the wrong word.

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Humans care..

God Loves.

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Re: join SA!

Posted by serenity - 28 Jul 2017 02:14

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[mikestruggling wrote on 29 May 2017 22:41:](#)

In that case you agree with Cords. God doesn't care.

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The first and main thing is that we are looking for serenity ...

Someone looking for me?

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Re: join SA!

Posted by serenity - 28 Jul 2017 02:17

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[mikestruggling wrote on 01 Jun 2017 19:25:](#)

thanks cordnoy

i should have made myself clearer. i don't want c"v to cause anyone to be nicshal. i'm worried that if i write something like these issues are not fully in your control people will take it the wrong way and use it as an excuse. so what i mean is if anyone reads what they teach that there is a degree of no control and feels he has no control DON'T JUST KEEP ACTING OUT there are things which you can do such as joining SA there may be other things check out the 20 tools but

## DO SOMETHING

From one SA to another. We don't cause people to be nicshal or stop them from being nicshal. We can only share what worked for us and hope that helps others.

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Re: join SA!

Posted by Shlomo24 - 28 Jul 2017 02:28

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The three C's of S-Anon. We didn't cause it, we can't cure it, and we can't control it.

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Re: join SA!

Posted by mikestruggling - 28 Jul 2017 05:02

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[Shlomo24 wrote on 28 Jul 2017 02:28:](#)

The three C's of S-Anon. We didn't cause it, we can't cure it, and we can't control it.

I've never heard that before my wife does not know i'm in program maybe i my next letter to my wife for whe tell her i'll put that in "you didn't cause it you can't cure it you can't control it"

or something to that effect maybe cure is too strong for when she's just finding ou it insinuates that this is a disease (which it is but she doesn't know that i'd rather her see it as a bad habit)

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Re: join SA!

Posted by mikestruggling - 02 Aug 2017 18:07

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Hi guys

let's hope next year we'll all be in yerushalayim i hope moshiach is gonna have a HUGE truck parking lot for all of our trucks big and small even for our tricycles because us who struggle and

(try to) do what we can who are bringing the geula closer each and every day

i just spoke to my sponsor my bottom line what i really have to work on for now is not touching myself

i've found that my greatest problem is isolation and when i am in that place of isolation i feel like i want to act out its ridiculous a day later i feel worse than a piece of trash and reminding myself of that does not help neither does reminding myself how good i feel if i don't act out the only thing that has worked for me in the past is a phone call preferably a long phone call with someone from SA after that i usually feel like a million bucks (roughly 3.7 million shekel)

have an awesome day

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Re: join SA!

Posted by mikestruggling - 04 Aug 2017 14:28

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hi a gutten erev shabbos

i just heard some devastating news and instead of getting depressed about it likei would done before i made a phone call and shared and spoke it through. i'm still in pain i even cried a couple of times but i'm not depressed and i hope i won't act out i daven that Hashem should take away the bad emotions which usually make me act out.

Besurois Toivois

Hashem please be *menachem* us all bimheira beyomeinu

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Re: join SA!

Posted by bb0212 - 06 Aug 2017 02:47

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[mikestruggling wrote on 04 Aug 2017 14:28:](#)

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take away the bad emotions which usually make me act out.

Besurois Toivois

Hashem please be *menachem* us all bimheira beyomeinu

Sorry to hear that. May Hashem send lots of meaning and ???? your way. Hang in there as much as you can, I'd love to say confidently that you'll get through this, honestly, I can't say that because I don't know what it is that is putting you through so much pain. However, sometimes when I'm feeling very down I focus on how, in my life, I've gone through a number of difficult times and no matter what it was, I've always managed to survive - after all, here I am. This helps me when I'm feeling like I'm utterly screwed. Mike, I sincerely hope this helps you, even if only a little. Wishing you lots of ???? & happiness.

BB

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Re: join SA!

Posted by Hashem Help Me - 06 Aug 2017 03:28

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May Hashem help that it all work out for the best. Its great that you didn't turn to your drug of acting out to relieve the pain. Hatzlocha.

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Re: join SA!

Posted by mikestruggling - 08 Aug 2017 03:47

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hi guys

i called someone from SA last night. i'm now in a downhill roll (?) i want it to stop but i am powerless so i can't just use my own will. so this guy told me i should make a fear and gratitude list you write whatever you fear on a paper and whatever you're grateful for then you call someone and share it when you're done the fears he asks why do you fear this and you answer because i am no letting G-d run my life i want to run my life which doesn't work

it's the unabridged version of what HHM has been telling me all along write down ten things you're grateful to Hashem for

have an awesome day

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