

Don't go to S.A. meetings

Posted by dont give up - 11 Aug 2017 17:29

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Hi there

don't go to S.A. meetings.

those are for people who **really** can't stop on the long term, **even when they have tried all he methods in the book.**

Their solution is based on the removal of the obsession that only a Higher Power can do - entirely not dependent on: how sincerely they fight the temptation, that never worked for them, nor does it depend on how sincerely they pray - that didn't work either...

It works for them when they actually are truly interested in not entertaining lust - despite the pleasure it creates even if they won't act out, and they practiced ALL 12 steps as described in the Big Book of AA, amongst fellow like-minded people.

They're not here to complicate things or to argue and change other people's thinking, it's really only for those who want it - and will actually work it.

BUT, if you identify with the absolute powerlessness: you honestly can't control how much or how long you're lust binges will be, nor are you able to stop yourself from going in those binges in the long term - despite all your commitments, techniques and resolutions, and are ready to start living with absolute honesty, love, unselfishness, and trust (surrendering fear), and are will to take guidance to practice the 12 steps - then it'll work.

Have a good shabbos and congratulations on being honest with your own experience: not

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Re: Don't go to S.A. meetings

Posted by Shlomo24 - 11 Aug 2017 18:05

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Wait, what? You have 1788 days apparently. But you sound like Martin Luther King Jr with all that preaching. Have you gone to SA meetings? SA saved my life and I don't like the title of your thread.

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Re: I Don't go to S.A. meetings

Posted by Markz - 11 Aug 2017 18:54

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[Shlomo24 wrote on 11 Aug 2017 18:05:](#)

Wait, what? You have 1788 days apparently. But you sound like Martin Luther King Jr with all that preaching. Have you gone to SA meetings? SA saved my life and I don't like the title of your thread.

Me agree

And I would not approve it on a (confused) non addict website

I believe the title should say "1500 days proves I don't need SA" and I edited the title ever so slightly so as not to slight anyone

Let all others count those days and join the club - maybe I'll get there soon too

Also our newcomer oldcomer didn't express his recovery or if he had any level of addiction

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Re: Don't go to S.A. meetings

Posted by dont give up - 12 Aug 2017 21:56

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Thanks Shlomo

What part of what I wrote do you disagree with?

Just going to S.A. meetings - without giving up lust absolutely, nor LIVING the spiritual principals of steps 4, 10, 11 & 12 - will NOT keep the real sexaholic sober on the long term!!

trying to use the programme as another technique just didn't work.

What has ACTUALLY worked for you - based on your experience, not philosophy??

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Re: Don't go to S.A. meetings

Posted by Shlomo24 - 13 Aug 2017 01:23

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The Thank You was a mistake. Your last sentence is funny because you just told people what to do in your first post. What works for me? You can check my signature.

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Re: Don't go to S.A. meetings

Posted by GrowStrong - 13 Aug 2017 05:12

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ok so to clarify

what you are saying here is dont go to SA meetings if you are not powerless and willing to go to any length.

I think Shlomo took offense at your title of the thread which was a drop misleading, since you are clearly a card carrying member of SA.

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Re: Don't go to S.A. meetings

Posted by dont give up - 13 Aug 2017 07:51

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I'm just not sure why people who are looking for the S.A. solution would be looking for the solution in here.

They are fundamentally different.

(They are both correct, but for 2 separate problems).

If my issue is lack of yiras shomayim or lack to strategies - then GYE, therapy, Kedusha etc is the answer.

S.A. is for those who have a condition that regardless of how many strategies I put in place - I'll still end up lusting.

The S.A. problem is NOT a Kedusha issue, or 'having a bad day issue. It's for those who really want to stop but cannot.

If one has a real condition, that no amount of will power and Kedusha will empower him to get the will power to conquer this stuff - why on earth would he continue coming on here to confuse himself of his solution??

The solution of GYE is for those people that just need a stronger will power and more restrictions.

S.A. is for those who's will power becomes practically non-existent in regards to lust (long term).

And the S.A. solution is not about strengthening one's resolve or will power, it's about living a spiritual life (as guided by the 12 steps - it's not about a religious one) that lets a power greater than oneself to come in and expel the obsession to lust. It Works and there's true freedom.

But I need the right medication for the appropriate problem.

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Re: Don't go to S.A. meetings

Posted by GrowStrong - 13 Aug 2017 07:58

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GYE is a gateway drug for SA'ers and a solution for non addicts who are not powerless.

That is all.

The SA guys who are still here are here for the same reason you logged back in.

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Re: Don't go to S.A. meetings

Posted by dont give up - 13 Aug 2017 08:12

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Re: Don't go to S.A. meetings

Posted by cordnoy - 13 Aug 2017 12:31

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Some good stuff here sir,

May I ask what brought you here now to start postin' after so many years of sobriety, and that you joined gye years ago?

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Re: Don't go to S.A. meetings

Posted by Shlomo24 - 13 Aug 2017 15:24

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[GrowStrong wrote on 13 Aug 2017 07:58:](#)

GYE is a gateway drug for SA'ers and a solution for non addicts who are not powerless.

That is all.

The SA guys who are still here are here for the same reason you logged back in.

Exactly. I'm here to help others. I have a program of recovery that keeps me sober.

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Re: Don't go to S.A. meetings

Posted by cordnoy - 13 Aug 2017 16:22

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[Shlomo24 wrote on 13 Aug 2017 15:24:](#)

[GrowStrong wrote on 13 Aug 2017 07:58:](#)

GYE is a gateway drug for SA'ers and a solution for non addicts who are not powerless.

That is all.

The SA guys who are still here are here for the same reason you logged back in.

Exactly. I'm here to help others. I have a program of recovery that keeps me sober.

I'm here to help myself.

Helpin' others is icin' on the cake.

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