

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: Journey of life

Posted by lifebound - 13 Jun 2018 06:24

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Re: Journey of life

Posted by mzl - 13 Jun 2018 10:13

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What was the original plan before you acted out? Call your sponsor when you feel like acting out (instead of after) ?

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Re: Journey of life

Posted by lifebound - 13 Jun 2018 15:02

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Re: Journey of life

Posted by mzl - 13 Jun 2018 15:15

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I hope you are not like me. I would feel like a burden calling a sponsor. It sounds like you have a

plan and you just have to execute on it.

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Re: Journey of life

Posted by lifebound - 13 Jun 2018 15:23

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Re: Journey of life

Posted by mzl - 13 Jun 2018 17:36

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Sounds like a plan.

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Re: Journey of life

Posted by Hashem Help Me - 13 Jun 2018 20:14

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Lifebound, you are an inspiration for so many here. Sorry to hear about the fall, but it takes great courage to share it. You are a great person and iyh will break free being that you are so dedicated. Hatzlocha from a chaver.

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Re: Journey of life

Posted by lifebound - 20 Jun 2018 15:21

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Re: Journey of life

Posted by mzl - 20 Jun 2018 15:38

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When you feel ashamed you are telling yourself that you have done something which is below your standard of a worthwhile person. When you do something which is inconsistent with that standard you are actively lowering that standard. When you feel shame you are working to patch it up. So even though shame hurts like crazy it's actually a medicine for you ego. So I agree.

When I figured out that shame was a scam I was using, I resolved to never feel shame again because of my acting out, so to speak.

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Re: Journey of life

Posted by cordnoy - 20 Jun 2018 23:42

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[lifebound wrote on 20 Jun 2018 15:21:](#)

I heard a great SA convention recording yesterday with a concept that really stood out to me, and I think is applicable to a lot of my emotions, like shame and self-pity.

To paraphrase the main point:

*Shame is a form of pride - the quick version of shame (or other similar emotions) is: "God, You made a mistake when You made me, I am beyond redemption. You can't handle me."*

Sharing the relevant part here for those interested (8 minutes long):

And as Brene Brown says: Shame is the most powerful, master emotion. It's the fear that we're not good enough.

Shame corrodes the very part of us that believes we are capable of change.

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Re: Journey of life

Posted by aryehdovid85 - 25 Jun 2018 21:00

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Thanks Lifebound for sharing this recording! I have wasted a lot of time and energy in shame and self-pity.

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Re: Journey of life

Posted by sleepy - 07 Oct 2019 05:20

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hey lifebound !where are you?hope you're doing well, we all miss you! Gemar chasima tova!

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Re: Journey of life

Posted by YeshivaGuy - 15 Feb 2021 06:55

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@lifebound please come back! We need you!

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Re: Journey of life

Posted by OivedElokim - 06 Apr 2021 22:50

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Lifebound was one of my first GYE buddies. I really miss you, wherever you are...

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