

THE STEPS

Posted by frumfiend - 28 Jun 2010 21:55

Hello everyone I have been studying any information on the steps that I could find. I am therefore starting a new thread for all questions and comments on the twelve steps.

My purpose is not to knock them rather as I try them on for size I am running into some issues.

The twelve steps were originally designed for the alcoholic disease. This disease as defined in the big book is defined as being comprised of two parts. An allergy which causes that an alcoholic that drinks even one drink will continue to mindlessly drink. The second part is a insanity that although the alcoholic knows how harmful that one drink is, he still must have that first drink. The first is defined as a physical malady that the twelve step program cannot stop. The purpose of the program is to prevent the first drink. The insanity of taking that first drink is a disease of the mind and therefore a spiritual transformation will heal this issue.

The addiction of gambling is obviously not physical in nature. Therefore for the chronic gambler his battle is not to gamble too much. Gamblers anonymous would be comprised of a twelve step program to control his gambling. Abstaining completely would probably make it easier but that shouldn't be the focus of the program. A gambler who gambled once would not be considered to have lost sobriety. Overeating anonymous obviously ain't gonna tell him not to eat at all.

To lust is something very normal we just over do it. So why are we carbon copying AA and saying not to lust. In the SA book it even mentions complete abstinence. We aren't allergic to lust in a physical way. We just have to learn not to let lust control us . So why all this talk of first drink. To me this sounds like telling a overeater to stop eating.If our issue really starts after the first drink then the twelve steps won't help us at all.

Ok so all the pro and con twelvers get out of the woodwork and post all questions and heoros here.

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Re: THE STEPS

Posted by destructive cycle - 04 Jul 2010 07:41

Mr. "Me",

Thank you very much for sharing your insight into these steps. I wanted to comment about your inspirational reaction to Bill Wilson, aka Bill W. While I have tremendous respect and gratification for the 12 steps community, unfortunately, Bill W. was the ironic twist of the story. His real life is nothing of inspiration. He had a very hard life, indeed, and unfortunately, never really recovered from his deep seated addiction. He is hardly a person to describe as living with G-d. After he "recovered" from his alcohol addiction (He never really recovered from that. At the end of his life he was noted for punching a nurse for not bringing to him his fix of alcohol), his sex addiction increased where he had a secret affair with Helen Wynn. This was covered up by the 12 steps community. He would sexually abuse the younger women in recovery. So while Bill professed honesty, he was living a lie. This is hardly a person tat lives with G-d. And there are some who still insist that how wonderful that is. Despite his terrible actions, he still had belief. Fine. But this is not the level of emunah and bitachon I aspire for. And it is certainly not the level of recovery I aspire for. He received this "emunah" training form a crazed christian fanatic called Frank Buchman, who was the leader of the famed "Oxford Group". The "Oxford Group" focused on the idea of G-d Controlling everything. I do not need to get into this now, but there is a fundamental difference between Jewish though and Christian thought in this regard. This man, Frank Buchman, besides for doing crazy things like abusing men, praising Hitler,wold do irresponsible things and say it must be G-d wants. So these "Goyish drunkards" friends of yours, you way want to reconsider and get yourself new friends. If you are looking for a inspiration in normal emunah and bitachon, it may be more advisable to read from the chazon Ish. Just a suggestion.

But the reason why I call it the ironic twist, is because end of the day we ended up with the fairly nice program for addiction recovery. While there are many recovery programs out there today, we all gratitude to the 12 steps for pioneering the project. Even those that disagree with them, have lots in common with 12 steps. And lets not overlook the success of 12 steps. They are somewhat successful. Even to those that do not recover, they at least gain hope in 12 steps. So while this stemmed from a crazy man, who had a very messed up life, with no goals but ti drink another drink, we all gained. The followers were stronger than the leaders. We have all seen examples like this both in recent years and in history.

Thanks for sharing you feeling towards these steps. There is lots of confusion about them.

As for me, I try to stay away from these "philosophical" and religious issues. I came to realize that this is not a religious problem and I can;t expect to solve it on a religious basis solely. This definitely gives me some of my motivation, but the recovery needs to be treated from an addiction point of view.

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Re: THE STEPS

Posted by frumfiend - 04 Jul 2010 14:10

Hello jooboy On your original question the guard posted a most amazing and touching tape from rabbi reisman

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Re: THE STEPS

Posted by Jooboy - 04 Jul 2010 23:12

do you have the location of this tape?

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