

jewish prospective?

Posted by chacham atik - 18 Apr 2016 06:08

ive been wondering since i started gye why everything has to be associated with gd and Judaism.

i know this is a jewish website and we are basically all jewish and its all about the fight with yetzer horah...

why cant we look at the fight a health thing or a regular rehab why does gd have to mixed in?

ps:nothing against gd at all im frum yeshuva bocher learning hard shomer torah and mitzvot

just wondering why this website is so cheesy?

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Re: jewish prospective?

Posted by doingtshuva - 18 Apr 2016 09:52

The twelve steps wasn't set up by a Jew, but still many goiem + yiden around the world are benefiting from the 12 steps. In the 12 steps, and for those who are working the steps, use sentences or phrases of one giving your-self over to god or to an higher power.

Is this what you mean " why everything has to be associated with gd and Judaism. " ???

I dont really think sobriety has to do with Judaism.

A healthy human being should want to live a free and sober life.

Some never had the chance live this way, so once you manage to break free, you should wish to live that way for your rest of your life.

Hatzluche

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Re: jewish prospective?

Posted by markz - 18 Apr 2016 11:57

[chacham atik wrote on 18 Apr 2016 06:08:](#)

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That's how we deal with fleishige l's

I have given a more elaborate explanation [here](#)

If you feel it's not necessary to be chessy to grease your 18 wheeler, and you have your addiction under control, that's great!!!

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Re: jewish prospective?

Posted by mr.clean - 18 Apr 2016 12:29

As long as ur getting better and making progress doesn't matter how u do it. Many People here are 1) using the 12 steps so it's more "spiritual" based 2) they feel they need help and chizuk

from god in this struggle. And regret and guilt adds to that need

others don't. Others, like u suggest, fight it differently. There's no right or wrong. As long as u see progress then that's right for u.

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Re: jewish prospective?

Posted by inastruggle - 18 Apr 2016 14:34

1) Very possibly because many people are only here because of religion. I'm an an example of that. If I was a goy I wouldn't be trying to stop. Kind of hard to look at it like a health thing when it's a religious thing.

2) Since our lives are dominated by Judaism it makes sense that it's going to get a mention here and there.

3) ?I don't see that it is. In my experience the advice people get here is mainly practical not religious. If they're getting SA advice then there's a lot of G-d stuff mixed in but that's their program it isn't because we're Jewish

4) Welcome to gye, why don't you post in the introduce yourself section?

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Re: jewish prospective?

Posted by cordnoy - 18 Apr 2016 19:08

I came here and remain here.....nothing to do with religion.

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Re: jewish prospective?

Posted by chacham atik - 26 Apr 2016 02:21

same the only reason why im here is bc i feel like (s h i t) excuse my lingo after every time i watch porn and know that it will eventually affect my family so i took upon myself to fight.

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Re: jewish prospective?

Posted by abd297 - 26 Apr 2016 02:47

I've found GYE less "religious" then many other ways people deal with this issue. It's nearly secular compared to sefarim like Zos Brisi and the like. I think it has to do with who you are and what you are dealing with.

It's obviously going to religion themed here because many of us feel that it's an integral part in our recovery. I just think that we are very realistic here and know that you need a real psychological stance in the fight against addiction and compulsive behavior. If you are just dealing with "normal" issues, maybe you can get away with the exclusively religious tools like sefarim and shiurim. If you are dealing with more, we all know that the religious track won't usually cut it.

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