

I am sober but wanting more.what is a good way to start the twelve step program?

Posted by mechazek - 13 Jun 2011 11:48

Hi I have had gradual succsess in recovery so far.I still feel very held back not naturally myself,like very protective.I hope someone understands what i am feeling acause I am not sure myself.I have a heard such good things about the twelve step program.Could you please help me understand and get rid of these feelings and better understand how to get involved with the 12 steps.

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Re: I am sober but wanting more.what is a good way to start the twelve step program?

Posted by mechazek - 16 Jun 2011 19:30

Thank you daat for your comprhensive response.I appreciate it,and I dont think you got carried away.

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Re: I am sober but wanting more.what is a good way to start the twelve step program?

Posted by mechazek - 16 Jun 2011 20:39

and thanks for the guidance

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Re: I am sober but wanting more.what is a good way to start the twelve step program?

Posted by TheJester - 20 Jun 2011 13:20

[mechazek wrote on 14 Jun 2011 17:41:](#)

thanks all you guys for taking the time to reply to my post.I want to explain my feelings a little better to you.I was definetely a very serious addict for 18 years i had addiction in my genes.boruch hashem the last five years I have gradually,from level to level furthered myself away from acting out through intense therapy and constant disclosure to my wife which by the

way was so powerful. but i still find that I am very not real with myself, If you would ask me how i feel about something I will take everything into consideration except how I really feel or think about it. I cant really finish anything i start. til feel like i am allways reacting instead of proacting. I allso have a very hard time getting close to people ,having real TRUSTING relationships.

Hi, and thanks for starting this thread. I have been watching it keenly, since much of it applies to me - I had a serious issue with this, too - *Halevai* should it have been all virtual and self-related. Was it an addiction? Who knows. What I do know is that for a few years now, I've been what SA would consider "clean". However I still struggle, I know that I do not yet view people the way I should (but I know how I should view them), and I also suffer from a similar (but not identical) detachment to that which you describe.

I think (I could be wrong) that I am "past" SA. I think it would have been perfect for me 10 years ago, but that I am in a different place to those fine people. I've blundered into my own semi-recovery, and... Now what? Perhaps had I actually gone to SA, I'd be a much healthier person - but perhaps not. Hashem is surely doing the right thing for me, and I am where I am.

The fact that I am not acting out, that I am trying and struggling where I do - I think that means that it is not sobriety that I need, or even assistance to stay sober. It's rather like cleaning up all the leftover debris after the party, and learning to live properly as a sober person. Until I can do that, I'm in a slight state of limbo. I do not know how to do this, but I am guessing that reconnecting with Hashem is the way to go. As such, I am trying to work on my learning and *davening*, which were woefully deficient until recently. I'm trying to work on issues other than pure *ruchnius*, such as my body and my mind.

As I've written elsewhere, I am petrified of what I believe is lurking within me. I don't want to let it out ever again. I want it to die. But it's really difficult to truly *want* that, because it is a part of who I am, or at least who I was for many years. I am at the stage where I can control my actions if I want to (I was not there before). The thing I need to work on (if I am right) is maintaining that desire. I have no doubt that in my current situation, I am "OK". My fear is this: what if my situation were to change - would I still be "OK"? I believe that *teshuva*, sobriety, whatever it is called (I'm not playing semantics) is where I would behave properly in the changed. And now that I have "stopped", I am at an impasse. Am I OK? Is my struggle supposed to happen like this? All I can think of *for my own situation* is to repair the connection between myself and my family, myself and other human beings, and myself and Hashem.

At the very least, nothing can be too wrong about trying to achieve those things.

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Re: I am sober but wanting more.what is a good way to start the twelve step program?
Posted by mechazek - 20 Jun 2011 19:13

hi jester thanks for saying thanks,and writing what you are going through.I am so happy to hear or read for that matter that you are clean for the last 2 years.Over the last few days I I feel within myself that my battle right now is to be conscious of my feelings and not to fool myself.That means not being scared to question my thoughts,to speak out to others what is going on in my head and heart.

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Re: I am sober but wanting more.what is a good way to start the twelve step program?
Posted by Eye.nonymous - 25 Jun 2011 19:24

[mechazek wrote on 20 Jun 2011 19:13:](#)

Over the last few days I I feel within myself that my battle right now is to be conscious of my feelings and not to fool myself.That means not being scared to question my thoughts,to speak out to others what is going on in my head and heart.

THAT'S the right place to start! Especially talking things out with other people. If we keep these things to ourselves, no matter how enlightened we think we have become, it is likely that we are still fooling ourselves. That's the nature of addiction.

--Eye.

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