

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

I am glad to be here. I have been hesitant to write an introduction share, because I really didn't know what I wanted to write (and I still don't). I have a hard time writing or saying anything, unless I think it will somehow be impressive or show off my deep insight into matters, LOL. I'm glad that I have at least reached a point where I can laugh at myself. I was at the store a couple weeks ago and after I finished shopping I opened the hatch door on my minivan to load up my stuff and ended up sitting down on my bumper and just laughing at myself. I had met this young man at AA meetings, who in addition to being an addict was dealing with obvious mental issues. His behaviors were often inappropriate to the setting. He was fidgeting, talking out, commenting during shares etc. (He started hitting piano keys in a meeting.) Every time he did or said anything it was extremely funny because it was so ridiculous. It was obvious he couldn't control himself and I wasn't laughing at him to make fun, it was just so ridiculous. I started to realize that I am just as ridiculous as this kid. I was for the first time in my life able to step outside of myself and just look at my condition. Just as this young man's condition was no laughing matter, neither is mine and yet somehow I think I was having a break through at that moment. I felt that if I could make it through that day, I could make it through any day.

An observation I have made about myself, since I have been here, is that a check mark on the 90 chart is a more effective deterrent or incentive to me than the other extremely severe consequences my addiction can lead to. This is often the way of the compulsive addictive mind. Completely ridiculous.

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Re: Glad to be here

Posted by serenity - 16 Apr 2015 05:34

"I'm not even going to realize how I did it. I might say, how'd I do that? ... God, I'm His tool. God gave me that image. The purpose is for my people. This man looks slow. God made this man look like a little kid. The so called "right hand" ain't nothing now. I'm gonna walk right into him. I'm gonna take his shots, because I have God on my side. I'm thinking that my people are free and I can help with just one fight. Now he looks little in comparison to what I'm getting from it. He ain't nothing now. But if I think about me. Me and George Foreman. He knocked out Joe Frazier like he was God. George Foreman knocked out Ken Norton. The press ranked me to tire out. I'm not looking at the world and what they say. My God controls the world!" Muhammad Ali talks about upcoming fight with George Foreman in 1974.

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Re: Glad to be here

Posted by serenity - 17 Apr 2015 14:33

Just a suggestion for those who find they aren't making progress on the 90 day chart and now not sharing, because they feel there is no point to share every day that they failed. Give the 90 day chart a break. Just delete it or whatever for now. Forget about falling or not, don't even mention it. Start sharing, but share every day about what you did for recovery today. Personally I think I'll take that suggestion myself anyway. So here it goes:

Yesterday for my recovery, I parked my car in a far spot at the gym, so the next person could have the closer spot. This helps me in my recovery because it gets me out of myself and focused on others.

By the way, if you plan to take my suggestion please let me know, because I would like to follow

hatzlacha!

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Re: Glad to be here

Posted by shomer bro - 17 Apr 2015 14:35

What a great idea!

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Re: Glad to be here

Posted by newaction - 18 Apr 2015 18:18

[serenity wrote:](#)
your thread and it makes me feel good to know

Yesterday for my recovery, I parked my car in a far spot at the gym, so the next person could have the closer spot. This helps me in my recovery because it gets me out of myself and focused on others.

This is very beautiful serenity.

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And i think it shows how noble and special you are. KUTGW !!!

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Re: Glad to be here

Posted by serenity - 19 Apr 2015 00:35

I'm not sure that I did anything today solely for the purpose of recovery. Tomorrow is another day.

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Re: Glad to be here

Posted by serenity - 19 Apr 2015 20:35

Today, just for recovery I spoke to my sponsor because I was upset about something. I didn't think I was going to act out over it, but I didn't want to take that chance. I also did some step work and made some other program related calls.

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Re: Glad to be here

Posted by shlomo613 - 19 Apr 2015 20:52

[serenity wrote:](#)

Just a suggestion for those who find they aren't making progress on the 90 day chart. Give the 90 day chart a break. [...] Start sharing, but share every day about what you did for recovery today.

hatzlacha!
I like this idea!

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Re: Glad to be here
Posted by serenity - 21 Apr 2015 04:16

today for recovery, I made a good faith effort and took steps to resolve a dispute that I could have just ignored.

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Re: Glad to be here
Posted by serenity - 21 Apr 2015 13:50

It's getting to a point for me where it's difficult to always check for and look at reply posts. I would imagine it's the same for many people. It is important to me to me to listen to someone directing a comment at me, and for people to listen to me when directing as comment at them. So if we don't see someone responding in our thread, we shouldn't think they are ignoring us. They probably just have the time to read through a substantial amount of replies every. If we want a response, we can post on their thread or message them. Btw, I'm sure this is elementary to most people here. I'm just very compulsive with these types of things.

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Re: Glad to be here
Posted by Hashivalisesonyishecho - 21 Apr 2015 22:43

[serenity wrote:](#)

today for recovery, I made a good faith effort and took steps to resolve a dispute that I could have just ignored.

I see that for your recovery you are looking to better yourself in general and not just specifically in the lust areas. I agree with the approach and I like it that you are taking the high road on your recovery. I respect you and I hope to learn from you.

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Re: Glad to be here

Posted by serenity - 21 Apr 2015 22:55

Thanks Hashiva, I appreciate that. It's hard enough not to act on our natural impulses even when we are spiritually healthy. By spiritually healthy I mean when we are appreciative of our lot in life, comfortable in our skin, content, and have a clear conscious, etc. When we are restless, irritable and discontent, do we have a chance (not spiritually well)? And even if we can remain abstinent, will we be happy and productive father, son, brother, teacher or boss? I want as clean of a slate as possible in my personal affairs and I don't want to add anything if I can avoid it. So if someone is a jerk to me and I respond in kind, we end up with two losers. I may bot be able to

Heading to an SA meeting.

Hatzlacha!

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Re: Glad to be here

Posted by serenity - 22 Apr 2015 01:18

Today for sobriety I brought my wife her computer when she asked me to. I didn't want to do it and I was feeling like she should get it herself. I get resentful sometimes when she asks me to

do stuff for her that she could do herself. I thought it would be good for my sobriety to do it, so I did.

By the way this exercise can be done in 2 ways. One way is to just list something we did for sobriety, it can be program related or not. The other way is that I list things that aren't necessarily program related and I wouldn't otherwise do them, but for sobriety I'm willing to do it. If that makes sense.

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Re: Glad to be here

Posted by newaction - 22 Apr 2015 01:45

[serenity wrote:](#)

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For sure it makes sense. With regard to Hashivali's comment above , the plan of action of the man in recovery is always being on the watch from selfishness , dishonesty,resentment, fear, etc. Sobriety from lust would come as the result of above watching. This is the whole Torah.

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Re: Glad to be here

Posted by Hashivalisesonyishecho - 22 Apr 2015 12:47

For me I find that when I am unable to do the things that usually make me fulfilled with my accomplishments or with anything that I was planing or wanted to do, I fall into yiush and that could make me act out. I think my job in such cases is to make lemonades of whatever types possible with all and any of the lemons I am handed.

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