

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

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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 yiraishamaim - 11 Nov 2015 00:56

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[serenity wrote:](#)

Yirais, Thank you for your response. I'm not sure what you are saying though. Are you just showing me what seems to be a contradiction in GYE policies, are you offering a different opinion and citing another paragraph from GYE in support of it or maybe both?

From my point of view and looking at the two paragraphs in context, I don't see any contradiction. There are different kinds of advice. There is the kind that is based on my personal experience of what works for me and there is the kind of advice where I am trying to make up what I think is good for people. Perhaps the wizards of GYE can clarify the policy better.

K - I started to write but I deleted. I was showing you what I saw as a possible contradiction and perhaps you could shed some light. I don't want to split hairs on the intentions of another persons writing.

Thanks for the response.

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 02:23

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[yiraishamaim wrote:](#)

[serenity wrote:](#)

Yirais, Thank you for your response. I'm not sure what you are saying though. Are you just showing me what seems to be a contradiction in GYE policies, are you offering a different opinion and citing another paragraph from GYE in support of it or maybe both?

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K - I started to write but I deleted. I was showing you what I saw as a possible contradiction and perhaps you could shed some light. I don't want to split hairs on the intentions of another persons writing.

Thanks for the response.

I have been assured by the author of the paragraph that I quoted from that my explanation was

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 02:27

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To all those who have stopped by. Thank you for visiting the

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 02:54

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MarkZ, how do I paste a picture in here?

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Re: Glad to be here

Posted by markz - 11 Nov 2015 04:10

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Technical Support GLAD TO BE HERE

Serenity - for you - anything!!

The image must

1- be kosher

2- reside in a folder that never hosted porn images (that's why I only post images from my work computer - just kidding)

3- be jpeg gif or tiff

4- click add file

5- browse and click on the img

6- To have the image show ??? ?????, click 'insert'

7- I just figured out how to add an image in here with an iPhone too!

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 04:27

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I will try that, but I don't think it works for me.

See below, it didn't work. I opened a new file on my desktop and put it in there. It didn't upload. I hit insert and all that stuff u said.

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 04:28

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"Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us."  
AA

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Re: Glad to be here

Posted by serenity - 11 Nov 2015 04:34

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Welcome to the

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Re: Glad to be here

Posted by cordnoy - 11 Nov 2015 11:17

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Re: Glad to be here

Posted by serenity - 12 Nov 2015 14:33

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"Hashem, I offer myself to You to build with me and do with me as You will. Relieve me of the bondage of self that I may better do Your Will. Take away my difficulties, that victory over them may bear witness to those I would help of Your Power, your Love and Your Way of life. May I do Your Will always." 3rd Step Prayer

What an interesting prayer in so many ways.

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Re: Glad to be here

Posted by serenity - 15 Nov 2015 15:23

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Good morning people! Hashem woke me up early today in time to get to a Sunday morning meeting. Said Modeh and the 3rd step prayer. Got my hand up and shared at the meeting. Made breakfast for the family. Getting ready to get out and do some bikur cholim. Life is good. That's what it's like now. What it was like then? I'd be sleeping after acting out all night. Or maybe I wouldn't even be home yet. The wife would be upset at me, she would isolate and the kids would be miserable. How did I get here? Hashem heard my suffering and gave me the courage to get help. On October 19th of 2014 Hashem removed the obsession from me. An obsession that engulfed my life for three decades. What was that obsession? The obsession was that I could lust like other people. The fact that every time I acted out, it lead to misery and

suffering escaped me. I also believed that I could not stop. That lust was the great solution to all my problems. God took that all away from me in a moment. Does that mean I didn't have to struggle, that I didn't have temptation, that I didn't have a slip, that it didn't take constant work? No.

Hatzlacha!

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Re: Glad to be here

Posted by yiraishamaim - 15 Nov 2015 15:29

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All I can say is that your post just made my day.

I can't even imagine what it did for you.

*"Hazorim b'deemah **b'reena** yiktzoru"*

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Re: Glad to be here

Posted by markz - 15 Nov 2015 15:46

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*Reply Topic: Re: Glad to be here*

**Glad YOU are here**

For yourself and for us!!!

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Re: Glad to be here

Posted by eslaasos - 15 Nov 2015 18:39

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[serenity wrote:](#)

Life is good. That's what it's like now.

**Does that mean I didn't have to struggle, that I didn't have temptation, that I didn't have a slip, that it didn't take constant work? No.**

Hatzlacha!

I bolded the part that inspires me the most. Thanks so much for sharing!

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