

glad to be here

Posted by nekudatovah6 - 26 Feb 2015 20:27

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I have joined the list of available sponsors. My experience is in the 12 steps and Jewish literature on midos improvement. Looking forward to communicating with anyone who wants to connect.

A thought for the day: 1 is greater than zero. Do not skip an improvement if you think it will make minimal difference.

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Re: glad to be here

Posted by Bigmoish - 26 Feb 2015 21:01

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Welcome!

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Re: glad to be here

Posted by cordnoy - 26 Feb 2015 21:21

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Welcome,

Maybe tell us about some of those experiences.

Thanks

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Re: glad to be here

Posted by nekudatovah6 - 26 Feb 2015 22:00

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For one, I found that addressing character defects, especially with the help of others, is a liberating experience. I feel more comfortable with myself as a result. Identifying self-centered feelings helps me be less in bondage to the self.

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Re: glad to be here

Posted by gibbor120 - 27 Feb 2015 15:50

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WELCOME! Can you tell us some of your background? You say you have experience with 12 steps. What sort of experience? Are you an addict? For how long? How long have you been sober?

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Re: glad to be here

Posted by nekudatovah6 - 01 Mar 2015 16:08

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I am involved in a recovery support group for food addiction. I found this beneficial physically, emotionally and spiritually. I work with a sponsor. Recovery in this area has helped me also with internet related problems. Admitting powerlessness opens up a new power beyond oneself, reaching out to other people and to Hashem.

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