

Newleaf354 intro

Posted by Newleaf354 - 25 Aug 2016 15:04

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Hello. I'm here. I've had a long haul, gotten confused by too much exposure to too many ways of recovery in too many 12-step programs and discovering too many things that are "really" the issue. I've had long-term sobriety from serious "acting out," a couple of spells that lasted about a year-and-a-half each. But I've fallen again, and then a second time less than two months later.

One thing that has never gone away is my compulsive looking at women on the streets, on the busses, and out my kitchen window. So, it doesn't seem as harmful as looking at p\*rn or m\*sturbating, but I've never really gotten an honest desire to give this up, and it's feeding my lust, building up like doses of cyanide, but it's hard to really appreciate this.

I want to turn over a new leaf and keep it simple. I want to remember that GUARDING MY EYES really is where it all begins, and it really is what everything depends on.

--NL354

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Re: Newleaf354 intro

Posted by Singularity - 03 Nov 2016 15:31

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Attitude of Gratitude!

You seem to be very mathematical and analytical. Have you done Eiruvim Daf 76, or Sukkah Daf 8? Maybe that would give you some positivity.

But I hear. I don't like negative. It's easy to hit ourselves because then we can justify apathy. But KOT as they say here. Hatzlocha brother.

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Re: Newleaf354 intro

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Posted by Newleaf354 - 05 Nov 2016 18:44

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You seem to be very mathematical and analytical.

Affirmative.

Live Long and Prosper.

--NL354

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Re: Newleaf354 intro

Posted by Newleaf354 - 17 Nov 2016 13:46

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When I first found out about the steps from here at GYE, I went ahead and read them and, probably like a lot of people, I said, "that sounds good, I've got it... what's next!" Thinking I was finished and ready to move on.

I wondered if the steps would work for dealing with general problems with my emotions, as well, since this seemed to be what was fueling the acting out. The response I got at the time was that the steps are more involved than I realized, and that working the steps of SA for not acting out will eventually uncover my other emotions and improve them.

That was partially right. As a result of 12-step recovery, my life did improve in many areas besides that I was acting out a lot less. I was more present with my wife and children, less riddled with fears and resentments, and I was much more functional and responsible in my work and in my community.

Still, about half a year ago, after being clean from acting out for nearly two years (following two

other long clean streaks of about a year-and-a-half each), and being much better financially thanks to another 12-step program, I felt I was reaching a new breaking point of frustration and depression.

I thought that if the 12-steps had worked in these other areas, then why not apply them directly to my emotions. So, even though this idea had been dismissed years ago as a major misunderstanding of recovery, I decided to look into it. I did find another 12-step group specifically for emotions (Emotions Anonymous). I am finding the specific focus on emotion, a real focus on "carrying these principals into all our affairs," without concentrating on any particular vice, has gotten me to a much better place.

Just wanted to share, in case it might be helpful to anyone.

--NL354

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Re: Newleaf354 intro

Posted by Newleaf354 - 08 Dec 2016 21:47

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I just updated my chart here and -- presto! -- I turned into a tzaddik!

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Re: Newleaf354 intro

Posted by Newleaf354 - 08 Dec 2016 21:57

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I had asked before about finding more fulfillment in life as part of maintaining sobriety. I assumed it meant to find a more fulfilling job, or a hobby I am really passionate about, or something like that.

In some work I am doing as part of EA (Emotions Anonymous), it has been suggested to me to start keeping track of those moments throughout the day when I feel a positive energy, and to keep a notebook with me to keep track of them. I put off getting the notebook for a couple of

weeks, but yesterday I got one and started writing these things down. It is really easy and natural for me to notice the negative things, so this is a real change of focus. Also, I've heard of this idea before of making a "gratitude list" but I've always thought it seemed artificial. But I think that's what I'm doing now, a gratitude list, but the way I think of it makes it more meaningful and deeper for me.

Keeping track of "serenity moments," those times when I feel a positive energy in my life. It's noticing a feeling as it comes up, not some abstract thought that "I should be thankful for being alive." And I'm surprised at some of the things that have gone on this list.

For example, my wife and I have been having a disagreement. I was up-front and (very politely) told my wife my feelings about what was upsetting me about her attitude about our disagreement, which is new for me. I was very non-blaming and calm about it, but very direct. I also requested that she not respond right away.

Somehow, even though this was mid-disagreement, and even though it was about expressing my resentments about my wife, to my wife, I felt a lot of peace-of-mind afterwards.

...oh yeah... so I think the main point I wanted to make was that feeling more fulfillment might not necessarily involve a radical change. Perhaps it just involves a change of focus, tuning into the positive energy in the little experiences throughout the day.

--NL354

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