

could DEALING with my EMOTIONS CORRECTLY be the..

Posted by acceptance - 31 Aug 2017 15:07

---

...much sought after relief from lust?

Here is a thought. My lust comes directly from my inability to cope with my difficult **feelings**. so I use lust (or whatever your favorite distraction is) to **distract** myself from my feelings.

So here is the solution. By applying the 12 steps to my **Feelings**, I can **accept** them for what they are i.e. A 'negative' feeling is something given to me by a higher power that I have no power or control over to change.

I leave changing the way I feel to my HP who either will or will not change the way I feel.

But through applying the 12 steps to my feelings I can now just **sit with** my 'negative' 'bad' feelings and not have to distract myself with lust (or whatever your favorite distraction is).

can we make a survey? All our lusting troubles come from our inability to deal with  
disagree & why.

looking forward to your feedback!

=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..

Posted by Markz - 08 Sep 2017 12:47

---

[acceptance wrote on 08 Sep 2017 11:05:](#)

First things first.

I am not sure what you mean by "I would like to point out that what you are saying now is much different than what you were saying in the beginning."

In the beginning I was saying that I act out because of my inability to handle my emotions, I still stick to that.

Could be that other people when they feel fine and dandy they still feel a urge to act out, I personally don't relate to that because when I am feeling good, when I have serenity, I don't feel any inclination to drink poison, in the same way I don't feel any inclination to act out when I have serenity because I am enjoying life without it (acting out)!

I also don't understand in what way lust is different to any emotion, for example, anger.

here's an example as to how I see/experience it.

1)I don't feel good, 2)I try to change how I feel by **willing** myself to feel differently, does not work , 3)I start to feel **angry**, why I do I feel this way, 4)I get even more **angry** that about the fact that I feel angry, 5)I **lash** out, 6)I get more upset, 7)I **break something - hurt someones feelings** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

now I will apply the above scenario lust:

1)I don't feel good, 2)I start to feel **lust** (as a means to feel better), why I do I feel this way, 3)I get even upset about the fact that I feel **lust**, 4)I **act** out, 5)I get more upset, 6)**I act out more - feel more lustful** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

For me lust is an emotion like any negative emotion, yes, lust causes me to take action (act out) but so does any any negative emotion, think anger, jealousy, sadness etc. each in its own way. You might say that lust causes worse damage but I'm not convinced, I think sadness/depression can be just as damaging and devastating.

Lastly, I don't know much about Codependence Anonymous, but what I did see it seems that

codependence anonymous deals with with unhealthy relationships with other people.

Emotions Anonymous deals with unhealthy emotions in ourselves and our inability to use just our will to change them.

There probably is a lot of similarities between CoDA & EA and I'm sure that a lot of the issues overlap but what I'm not clear about is, If you are having trouble with your **own** feelings and that they are causing you all sorts of problems, why would Codependence Anonymous be the answer? I would have thought that Emotions Anonymous would be a better match.

Please feel free to set me straight about anything I've said, I'm not looking to be right, I'm only looking for emotional sobriety.

The truth is that just talking (typing) to you guys is tremendously helpful!

As an outsider to anonymous groups, I surmise that the benefit of AA and moreso SA is that in these groups by baring one's darkest secrets it firstly helps put ones ego in a better place and also engenders MUCH more openness and honesty. All relevant emotions can then come to light to when one works on resentment...

Whereas a sexaholic keeping secrets and coming to a EA meeting saying I feel stress, or even "I feel lustful", when he's trying to stay in the driver seat figuring out his underlying emotions, I'm not sure sobriety will be found there as fast...

Make sense?

=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..  
Posted by cordnoy - 08 Sep 2017 19:23

---

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

First things first.

I am not sure what you mean by "I would like to point out that what you are saying now is much different than what you were saying in the beginning."

In the beginning I was saying that I act out because of my inability to handle my emotions, I still stick to that.

Could be that other people when they feel fine and dandy they still feel a urge to act out, I personally don't relate to that because when I am feeling good, when I have serenity, I don't feel any inclination to drink poison, in the same way I don't feel any inclination to act out when I have serenity because I am enjoying life without it (acting out)!

I also don't understand in what way lust is different to any emotion, for example, anger.

here's an example as to how I see/experience it.

1)I don't feel good, 2)I try to change how I feel by **willing** myself to feel differently, does not work , 3)I start to feel **angry**, why I do I feel this way, 4)I get even more **angry** that about the fact that I feel angry, 5)I **lash** out, 6)I get more upset, 7)I **break something - hurt someones feelings** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

now I will apply the above scenario lust:

1)I don't feel good, 2)I start to feel **lust** (as a means to feel better), why I do I feel this way, 3)I get even upset about the fact that I feel **lust**, 4)I **act** out, 5)I get more upset, 6)**I act out more - feel more lustful** etc. Bottom line, my original negative feelings are still there and my attempts

to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

For me lust is an emotion like any negative emotion, yes, lust causes me to take action (act out) but so does any any negative emotion, think anger, jealousy, sadness etc. each in its own way. You might say that lust causes worse damage but I'm not convinced, I think sadness/depression can be just as damaging and devastating.

Lastly, I don't know much about Codependence Anonymous, but what I did see it seems that codependence anonymous deals with with unhealthy relationships with other people.

Emotions Anonymous deals with unhealthy emotions in ourselves and our inability to use just our will to change them.

There probably is a lot of similarities between CoDA & EA and I'm sure that a lot of the issues overlap but what I'm not clear about is, If you are having trouble with your **own** feelings and that they are causing you all sorts of problems, why would Codependence Anonymous be the answer? I would have thought that Emotions Anonymous would be a better match.

Please feel free to set me straight about anything I've said, I'm not looking to be right, I'm only looking for emotional sobriety.

The truth is that just talking (typing) to you guys is tremendously helpful!

As an outsider to anonymous groups, I surmise that the benefit of AA and moreso SA is that in these groups by baring one's darkest secrets it firstly helps put ones ego in a better place and also engenders MUCH more openness and honesty. All relevant emotions can then come to light to when one works on resentment...

Whereas a sexaholic keeping secrets and coming to a EA meeting saying I feel stress, or even "I feel lustful", when he's trying to stay in the driver seat figuring out his underlying emotions, I'm not sure sobriety will be found there as fast...

Make sense?

Makes damn sense!

What's with the new writin' style? (Not the sense part; this wasn't the first post where you made a ton of sense.)

=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..  
Posted by Markz - 08 Sep 2017 20:16

---

[cordnoy wrote on 08 Sep 2017 19:23:](#)

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

First things first.

I am not sure what you mean by "I would like to point out that what you are saying now is much different than what you were saying in the beginning."

In the beginning I was saying that I act out because of my inability to handle my emotions, I still stick to that.

Could be that other people when they feel fine and dandy they still feel a urge to act out, I personally don't relate to that because when I am feeling good, when I have serenity, I don't feel any inclination to drink poison, in the same way I don't feel any inclination to act out when I have

serenity because I am enjoying life without it (acting out)!

I also don't understand in what way lust is different to any emotion, for example, anger.

here's an example as to how I see/experience it.

1)I don't feel good, 2)I try to change how I feel by **willing** myself to feel differently, does not work , 3)I start to feel **angry**, why I do I feel this way, 4)I get even more **angry** that about the fact that I feel angry, 5)I **lash** out, 6)I get more upset, 7)I **break something - hurt someones feelings** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

now I will apply the above scenario lust:

1)I don't feel good, 2)I start to feel **lust** (as a means to feel better), why I do I feel this way, 3)I get even upset about the fact that I feel **lust**, 4)I **act** out, 5)I get more upset, 6)**I act out more - feel more lustful** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

For me lust is an emotion like any negative emotion, yes, lust causes me to take action (act out) but so does any any negative emotion, think anger, jealousy, sadness etc. each in its own way. You might say that lust causes worse damage but I'm not convinced, I think sadness/depression can be just as damaging and devastating.

Lastly, I don't know much about Codependence Anonymous, but what I did see it seems that codependence anonymous deals with with unhealthy relationships with other people.

Emotions Anonymous deals with unhealthy emotions in ourselves and our inability to use just our will to change them.

There probably is a lot of similarities between CoDA & EA and I'm sure that a lot of the issues overlap but what I'm not clear about is, If you are having trouble with your **own** feelings and that they are causing you all sorts of problems, why would Codependence Anonymous be the answer? I would have thought that Emotions Anonymous would be a better match.

Please feel free to set me straight about anything I've said, I'm not looking to be right, I'm only looking for emotional sobriety.

The truth is that just talking (typing) to you guys is tremendously helpful!

As an outsider to anonymous groups, I surmise that the benefit of AA and moreso SA is that in these groups by baring one's darkest secrets it firstly helps put ones ego in a better place and also engenders MUCH more openness and honesty. All relevant emotions can then come to light to when one works on resentment...

Whereas a sexaholic keeping secrets and coming to a EA meeting saying I feel stress, or even "I feel lustful", when he's trying to stay in the driver seat figuring out his underlying emotions, I'm not sure sobriety will be found there as fast...

Make sense?

Makes damn sense!

What's with the new writin' style? (Not the sense part; this wasn't the first post where you made a ton of sense.)

What part of the style - pls pinpoint

Sometimes I post then think about it

Sometimes I think then submit

Theres no rules



Do I need to join StyleAnonymous

=====  
=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..  
Posted by Markz - 08 Sep 2017 20:19

---

[cordnoy wrote on 08 Sep 2017 19:23:](#)

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

First things first.

I am not sure what you mean by "I would like to point out that what you are saying now is much different than what you were saying in the beginning."

In the beginning I was saying that I act out because of my inability to handle my emotions, I still stick to that.

Could be that other people when they feel fine and dandy they still feel a urge to act out, I personally don't relate to that because when I am feeling good, when I have serenity, I don't feel any inclination to drink poison, in the same way I don't feel any inclination to act out when I have serenity because I am enjoying life without it (acting out)!

I also don't understand in what way lust is different to any emotion, for example, anger.

here's an example as to how I see/experience it.

1)I don't feel good, 2)I try to change how I feel by **willing** myself to feel differently, does not work , 3)I start to feel **angry**, why I do I feel this way, 4)I get even more **angry** that about the fact that I feel angry, 5)I **lash** out, 6)I get more upset, 7)I **break something - hurt someones feelings** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

now I will apply the above scenario lust:

1)I don't feel good, 2)I start to feel **lust** (as a means to feel better), why I do I feel this way, 3)I get even upset about the fact that I feel **lust**, 4)I **act** out, 5)I get more upset, 6)**I act out more - feel more lustful** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

For me lust is an emotion like any negative emotion, yes, lust causes me to take action (act out) but so does any any negative emotion, think anger, jealousy, sadness etc. each in its own way. You might say that lust causes worse damage but I'm not convinced, I think sadness/depression can be just as damaging and devastating.

Lastly, I don't know much about Codependence Anonymous, but what I did see it seems that codependence anonymous deals with with unhealthy relationships with other people.

Emotions Anonymous deals with unhealthy emotions in ourselves and our inability to use just our will to change them.

There probably is a lot of similarities between CoDA & EA and I'm sure that a lot of the issues overlap but what I'm not clear about is, If you are having trouble with your **own** feelings and that they are causing you all sorts of problems, why would Codependence Anonymous be the answer? I would have thought that Emotions Anonymous would be a better match.

Please feel free to set me straight about anything I've said, I'm not looking to be right, I'm only looking for emotional sobriety.

The truth is that just talking (typing) to you guys is tremendously helpful!

As an outsider to anonymous groups, I surmise that the benefit of AA and moreso SA is that in these groups by baring one's darkest secrets it firstly helps put ones ego in a better place and also engenders MUCH more openness and honesty. All relevant emotions can then come to light to when one works on resentment...

Whereas a sexaholic keeping secrets and coming to a EA meeting saying I feel stress, or even "I feel lustful", when he's trying to stay in the driver seat figuring out his underlying emotions, I'm not sure sobriety will be found there as fast...

Make sense?

Makes damn sense!

What's with the new writin' style? (Not the sense part; this wasn't the first post where you made a ton of sense.)

Cos recently I listen to Dov records regularly

And it rubs off - Like if you shower regularly you're gonna smell of Dove

=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..  
Posted by acceptance - 11 Sep 2017 14:09

---

[Markz wrote on 08 Sep 2017 12:47:](#)

[acceptance wrote on 08 Sep 2017 11:05:](#)

First things first.

I am not sure what you mean by "I would like to point out that what you are saying now is much different than what you were saying in the beginning."

In the beginning I was saying that I act out because of my inability to handle my emotions, I still stick to that.

Could be that other people when they feel fine and dandy they still feel a urge to act out, I personally don't relate to that because when I am feeling good, when I have serenity, I don't feel any inclination to drink poison, in the same way I don't feel any inclination to act out when I have serenity because I am enjoying life without it (acting out)!

I also don't understand in what way lust is different to any emotion, for example, anger.

here's an example as to how I see/experience it.

1)I don't feel good, 2)I try to change how I feel by **willing** myself to feel differently, does not work , 3)I start to feel **angry**, why I do I feel this way, 4)I get even more **angry** that about the fact that I feel angry, 5)I **lash** out, 6)I get more upset, 7)I **break something - hurt someones feelings** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

now I will apply the above scenario lust:

1)I don't feel good, 2)I start to feel **lust** (as a means to feel better), why I do I feel this way, 3)I get even upset about the fact that I feel **lust**, 4)I **act** out, 5)I get more upset, 6)**I act out more - feel more lustful** etc. Bottom line, my original negative feelings are still there and my attempts to change the way I feel lead to disaster. I need to give up trying to control how I feel. I need to let my HP do what ever He wants to do with out me getting in the way with my ego and self will.

For me lust is an emotion like any negative emotion, yes, lust causes me to take action (act out) but so does any any negative emotion, think anger, jealousy, sadness etc. each in its own way. You might say that lust causes worse damage but I'm not convinced, I think sadness/depression can be just as damaging and devastating.

Lastly, I don't know much about Codependence Anonymous, but what I did see it seems that codependence anonymous deals with with unhealthy relationships with other people.

Emotions Anonymous deals with unhealthy emotions in ourselves and our inability to use just our will to change them.

There probably is a lot of similarities between CoDA & EA and I'm sure that a lot of the issues overlap but what I'm not clear about is, If you are having trouble with your **own** feelings and that they are causing you all sorts of problems, why would Codependence Anonymous be the answer? I would have thought that Emotions Anonymous would be a better match.

Please feel free to set me straight about anything I've said, I'm not looking to be right, I'm only looking for emotional sobriety.

The truth is that just talking (typing) to you guys is tremendously helpful!

As an outsider to anonymous groups, I surmise that the benefit of AA and moreso SA is that in these groups by baring one's darkest secrets it firstly helps put ones ego in a better place and also engenders MUCH more openness and honesty. All relevant emotions can then come to light to when one works on resentment...

Whereas a sexaholic keeping secrets and coming to a EA meeting saying I feel stress, or even "I feel lustful", when he's trying to stay in the driver seat figuring out his underlying emotions, I'm not sure sobriety will be found there as fast...

Make sense?

Unfortunately not.

I'm not clear exactly what you are trying to say.

=====  
=====

Re: could DEALING with my EMOTIONS CORRECTLY be the..

Posted by acceptance - 11 Sep 2017 14:17

---

Furthermore, I'm not advocating **changing** SA for something else. I'm suggesting that perhaps, seeing as this is a 'mokom' for people who struggle with lust and perhaps life in general as well, that perhaps we could **add** another tool (EA or perhaps a different anonymous group) to help the relevant people.

No 1 tool is for everyone so maybe we could have some more options?

Personally I'm looking for more support/group for my emotions which are a direct cause for my acting out. I don't know of any other place to that has so many like minded frum men in one place so I would like to see if there is any interest for **another** tool to help bring more serenity in your life.

=====  
=====