

Breaking News: Proposed Alternative to the Twelve Steps

Posted by Kedusha - 01 Mar 2011 16:16

After years of non-stop research, I have come up with a proposed alternative to the Twelve Steps:

1.) Wear a blindfold 24/7.

2.) Wear handcuffs (hands behind back) 24/7.

3.) Wear headphones and listen to Shiurim 24/6.

4.) On Shabbos or Yom Tov, spend the entire time learning or davening, including between courses (and between mouthfuls) at the Seudos.

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by shemirateinayim - 08 Dec 2011 07:42

hey I typed thatpost with one hand, holding a collkle infant in the other! have some compation on the poor child, and her handicapped father. ??? ok mybe she was on my lap, and I had 2 hands free. but that's not the point! my spell-check is set to HEBREW (google crome), and ever since I needed to do school asignments on the computer, spell check became a crutch. There are words that for the life of me I never get right.

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by tehilimzugger - 29 Dec 2011 18:50

i think this should be moved to the how do you know you've been around for a long time" thread or whatever it's called

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does the fact that i don't remember what it's called prove i'm a newbie? >

Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by cordnoy - 06 Jan 2015 09:06

[Efshar Letaken wrote:](#)

Did I Hear my name?

Did it come from this Room?

Hmmmmm!

Yeah! How about we make a Reunion with all the Old Timers?

That would be a lot of fun!

MEMORIES! WOW! let see if I have one!

Bardichev/ CAPS/ Humble & Happy/ Woodford/ Trucking/ Mincha/ Country Yikes!/ Kaleeed/
Bards/ Bardsvile/

7Up - Sheva Yipol/Name Change (my credit, toot toot)/Rabitsen/Mom/Chizuck/Divrei
Torah/Mechitsa

Rage - Flakes/Tatty/Edits/Leaves The Forum/Deletes all his posts/Comes back under new name/everyone picks up on it right away (lol)/Rage-Habib Deal to 90 days/

Trying - Nu! Vi is Di Mechitsa? (were's the Mechitsa)

Habib - Sha! Meen Redt Nisht Mit Froien! (Shhh! No Talking To Woman!)

Letakein - Ess Past nisht! Menner Arois! (Its Not Proper! Men OUT!)

Yakkov Schwarts - Who is the Yetser Hora? (Check Out The Beis Medrash way back when) /12 steps or not?

Battleworn - 12 steps Al Pi Torah/ Reb Tzvi Meir Silberbeg/

Yechida - Rage has said more then Enough/ Deep Thoughts/ Need a lot of time to read up on his post but they are Jewels.

Uri - Songs/ Ah Shood/ Never Give Up!

Koton - Reb Moishe Wolfson/ Lamb (I never understood that avatar)/

Pintele Yid - Reb Moishe Wolfson/

Me3 - Funny/ Funny/ Funny

Dov - Living The 12 Steps/ Living The 12 Steps/ Living The 12 Steps

Guard - Where Do I Start?/ Is He still around theses days? (on the Forum that is)

Kedusha - (Edited)/ (Edited)/ (Edited)

Tomim2B - Di Rebbe Hut Geheisen Freilach Zain!

Noorah BAmram - Climb The Latter/

Struggle - Flying High in the sky

Yosef Hatzadik - not sure can be called an Old Timer, Bein Hatkufos

I'm sure i left out many names and references so feel free to add.

Ok! Back To Reality (work) Now! Balance! Balance! Balance!

E.L.

Where does one start with a post like this?

No idea; but it sure sounds like they were havin' fun in da olden days?

And guess what?

They were recoverin' as well.

Fun, simcha, happiness, joy, etc. might be a key component to recovery....perhaps.

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by markz - 21 Feb 2016 16:51

[bardichev wrote on 01 Mar 2011 17:29:](#)

my 12 steps

#1 only peek no staring

2only stare to see if there is something wrong

#3 if there is something wrong i stare more because i have to know why its wrong

#4 admit you are powerless and continue satring and by now lusting

#5 give over your lust to a greater power like your i phone so u can lust on the go

#6 call a sponser so he or she can lust too

#7 take moral inventory and keep a record of all the place uou know where you can get your fix

#8 join a group so you can pity party together

#9 dont get caught

#10 if you get caught explain to youe significant other that it is a disease

and its very catchy

#11 if you raelly get caught explain that sick people like you are part of a secret tznus police

#12 drink woodford

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by gibbor120 - 14 Jun 2016 17:23

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by Markz - 24 Jul 2017 03:58

And here's another classic

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[bardichev wrote on 01 Mar 2011 20:16:](#)

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"Shmiras Ainayim" Chizuk E-Mail (No. 999)

"I have made a treaty- with my eyes"... EYEov 31:1

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12 tips for shmiras eye-nay-im

#1 looking for your wife in the womens section at a chasunah is just that.

Looking for your wife. It is a tremendous mitzvah to look for your wife

#2 Looking for your wife after davening in shul has the same halachos as a chasunah

#3 there is no issur to look at a woman older than you wife

#4 there is no issur to look at a woman younger than your wife

#5 if the woman is wearing a shaitel there is no issur what so ever

#6 your wifes friends and family are all covered under the friends and family plan. So there is no

issur .

#7 Women whom you work with fall into a gedder of 'assuk bimilachto"

that also covers the bank teller,the mail woman,and the cleaning lady

#8 Shabbos and Yom tov are times when women wear special nice clothing.It is a mitzvah to look at women who dress well on shabbos and yom tov

#9 vacation has special rules.There are no issurim when you or the person you look at is on vacation

#10 if you are in a bad mood you are exempt from all stringencies in guarding your eyes adderrabbeh if it will bring you to being in a better mood it will be considered a mitzvah.

#11 if you are in a good mood it is also recommended to look at women for you will bless them with your ayin tov.ayin Tov is a good midda

#12 if you live by these rules you will be happy all your days

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These e-mails are excerpts taken from the book "Windows of the FOOL"

by billy the kickboxer of the Possum Foundation.

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EVERY LITTLE BIT HELPS US HELP OTHERS

Please use the PayPal options on the right side of our website www.bardyoureyes.org to donate whatever you can, so we can expand out efforts to help countless other Yidden!

We have no haskama

Aderabbbeh if you take any of this serious you have no sense of humor

Although almost everyone uses all or some of these rules

(if its not true let me know)

Tizke Lemitzvos!

Quick Links...

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[www.guardyoureyes.org](http://www.guardyoureyes.org)

[www.bardureyes.com](http://www.bardureyes.com)

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Re: Breaking News: Proposed Alternative to the Twelve Steps  
Posted by dms1234 - 24 Jul 2017 21:20

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12 steps on How to Work your own Recovery Program

1. Dont get a sponsor, chances are you probably know what works for you and what doesnt
2. If you already have a sponsor, make sure to never call him. If he calls you, never listen to his advice. Be sure to give your experience
3. Never go to a face to face meeting or attend a phone meeting because the people sharing are sex addicts and are sick people
4. If you do happen to go to a face-to-face meeting it is absolutely necessary to explicitly share your most intense fantasies and porn images that are stuck in your head.
- ?5. Always lie about your sobriety date to newcomers so they will ask you to sponsor them. Sponsorship is the best way to recover.
6. If you know someone in the program and their spouse/parents dont know they are in the program, it is pikuach nefesh for you to tell their spouse/parent
7. Old timers are old. They dont know what sex addiction is like nowadays. They are so far behind that they cant help you.
8. Never make phone calls to any program member, the people calling you probably have less sobriety and will trigger you to act out.
9. Always remember that God gave you this addiction so God cant take you out. He is testing you and you need to fight as hard as you can to beat the enemy and win the war.
10. Don't go to therapy. Therapists want your money. Remember that you know yourself better than anyone.

11. You have no character defects. You dont hate anyone nor do you have any fears. So inventories or writing wont help you. All you have to do is roll up your sleeves, put on your gloves and get ready to fight! Ring, Ring.

12. There is nothing wrong with looking at frum women. Only the shiksas. You wont have sex with frum women because its eishes eesh.

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Re: Breaking News: Proposed Alternative to the Twelve Steps  
Posted by Markz - 24 Jul 2017 21:24

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Where's the 5\*\*\*\*\* rating??????

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Re: Breaking News: Proposed Alternative to the Twelve Steps  
Posted by serenity - 24 Jul 2017 22:39

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1. Set your own definition of sobriety.
2. Decide which parts of the program you don't like and redefine the rest.
3. Chain yourself to a radiator for 90 days.
4. Read "A Vision for you" like this: You guys know only a little and I know a lot and I will constantly reveal to you more and more. I will surely meet some you on the road to the strip club when I relapse, but that's all a part of our recovery.

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Re: Breaking News: Proposed Alternative to the Twelve Steps  
Posted by Trouble - 24 Jul 2017 22:44

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[dms1234 wrote on 24 Jul 2017 21:20:](#)

[12 steps on How to Work your own Recovery Program](#)

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There's a mistake in number 5.

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Re: Breaking News: Proposed Alternative to the Twelve Steps

Posted by stillgoing - 28 Sep 2017 21:30

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[ben durdayah wrote on 06 Mar 2011 19:35:](#)

[guardureyes wrote on 06 Mar 2011 19:22:](#)

Dov, have you heard of PA (posters anon)?

1. We admitted we were powerless over posting on GYE--that our lives had become unmanageable.
2. We came to believe that a Power greater than Dov could restore everyone on the forum to sanity.
3. We made a decision to turn our will and our lives over to the care of Guard as we understood Him.
4. We made a searching and fearless inventory of all the previous Daily Doses of Dov.
5. We admitted to Guard, to ourselves and to another human that there were enough DDoD to fill 10 volumes.
6. We were entirely ready to have Kedusha remove all the explicit words.
7. We humbly asked Dov to sponsor us.

8. We made a list of all persons he had helped, and became willing to appoint him as chief GYE moderator.

9. We said amen to such people wherever they blessed us to be like Dov, except when to do so would injure them or others.

10. We learned not to take insults personally, and when we were wrong, Dov showed us where.

11. We sought through prayer and meditation to improve our donations to Guard as we understood Him, praying only for the budget to carry that out.

12. Having had a awakening as the result of Bard's trucking horn at 5 AM, we try to carry Dov's message to others with similar problems, and to practice riding a tricycle in all our spare time.

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