

My Book of Business

Posted by Shivisi_Hashem - 19 Apr 2017 16:41

Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by Shivisi_Hashem - 10 Aug 2017 20:20

[Hashem Help Me wrote on 10 Aug 2017 20:04:](#)

Shivisi, you sound BH great. You are feeling what its like b'ezras Hashem to be able to be in control and stand up to the monster. The term being in control is not contradictory with surrendering to Hashem. Keep up the great work..

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Re: My Book of Business

Posted by GrowStrong - 10 Aug 2017 21:08

[Shivisi Hashem wrote on 10 Aug 2017 20:19:](#)

[GrowStrong wrote on 10 Aug 2017 20:15:](#)

[Shivisi_Hashem wrote on 10 Aug 2017 20:00:](#)

[Markz wrote on 10 Aug 2017 19:19:](#)

[Shivisi_Hashem wrote on 10 Aug 2017 19:05:](#)

[New Person wrote on 10 Aug 2017 18:12:](#)

Nu, what did you learn from yesterday? share with us.

i learned big time, that everything is about control, and when there is control, there is everything, Control our thoughts, our doings, our eyes, and our will power, we should have the ???? to have a ????...... and thats what keeps me out of the mud, day-by-day,

Apikorsus - Man!!

You mean to say you managed without gye, and only control?

I don't believe you - sorry bro

Are you nuts??? how did i learn how to control myself, other then from GYE???? other then

Good luck with control.

I gave up all control to Hashem.

I just take the next right action.

and the next right action comes with?..... CONTROL, yes, CONTROL, and of course with the the help of hashem, i cant breath, eat, walk, move and act out without the help of hashem....

Not for me.

I dont have any control.

For me it comes from acceptance (that i have no control), willingness (to take the next right action) and surrender (to Hashems Will and Control of everything)

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Re: My Book of Business

Posted by Markz - 10 Aug 2017 21:44

[Shivisi Hashem wrote on 10 Aug 2017 20:00:](#)

[Markz wrote on 10 Aug 2017 19:19:](#)

[Shivisi Hashem wrote on 10 Aug 2017 19:05:](#)

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from you???

#1 Im Nuts

#2 I still disagree with your comment that "everything is about control". If control without utilizing gye is everything, please take a short 72 hour brake [intentional Trucking misspell] and let us know how it went

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Re: My Book of Business

Posted by Shlomo24 - 10 Aug 2017 23:24

There's absolutely nothing wrong with control. It doesn't work for me because I'm an addict. For non-addicts, if it works, work it. Keep up the great work, Shivsi.

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Re: My Book of Business

Posted by LifneiHashem - 11 Aug 2017 15:20

[Shlomo24 wrote on 10 Aug 2017 23:24:](#)

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Sometimes us non-addicts can feel a little bullied on the forum so thank you. It means a lot for an addict to support and encourage non addicts to take control rather than try to convince them to join the club and surrender.

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Re: My Book of Business

Posted by cordnoy - 11 Aug 2017 16:47

[LifneiHashem wrote on 11 Aug 2017 15:20:](#)

[Shlomo24 wrote on 10 Aug 2017 23:24:](#)

There's absolutely nothing wrong with control. It doesn't work for me because I'm an addict. For non-addicts, if it works, work it. Keep up the great work, Shivsi.

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Time for separate sites. [Ed. Note: the previous note was said in jest and is purely sarcastic.]

Sometimes us addicts can feel bullied as well. When I see that "all we need to do is control ourselves," I feel bullied, for I have little control. When I see that "all we need to do is surrender, for we have no control," I feel bullied, for do I really have "no control"?

Did I once have control?

Do I have now?

What does control mean anyway?

B'hatzlachah

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Re: My Book of Business

Posted by Shlomo24 - 11 Aug 2017 17:04

I liked your post, Cordnoy. I still don't know how surrender works or the ins and outs of control. But the beauty of this program is that I don't need to know and at this point I don't even care. I've become much more practical. If it works I do it, if it doesn't I don't. That's all.

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Re: My Book of Business

Posted by Workingguy - 11 Aug 2017 20:07

I think the point that whoever it was was trying to make is that you learn how to control your decisions. It may not be true for addicts, but I don't know- even for 12 steppers it never jumped into your head "I'd love to act out, on second thought nah, it would be stupid."

That's a form of control; you may not be IN control but at that moment you might be controlllllknng

your decisions.

It may be your higher power helping you, but ultimately you're the one who does the action to doesn't. And if you ever make a choice not to, you controlled yourself.

I always understood that 12 steps was trying to say that we had to relinquish control of our lives and stop trying to control our addiction. It didn't mean that in a specific decision we didn't have control.

But I'm not sure if this is only for non-addicts or not.

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Re: My Book of Business

Posted by Trouble - 11 Aug 2017 20:40

[Workingguy wrote on 11 Aug 2017 20:07:](#)

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But I'm not sure if this is only for non-addicts or not.

And I'm not sure if I understand or not.

I control the moment of giving up control to the One Who is in control, so He can allow me to control the decision I have no control over.

Did I get it right?

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Re: My Book of Business

Posted by Shlomo24 - 12 Aug 2017 04:18

I see it as giving up control. God gives me free will so I can make choices. However, I am powerless over lust and I will lose my free will if I engage in it. If I'm connected to my Higher Power, then he could keep me sober. Or he can choose not to. I'm fully open to relapsing, if that's God's will. I'm also fully open to staying sober, and yes, I'd rather that. But it doesn't matter what I rather. So when I surrender I am giving up my control of the situation and allowing his grace to come in and do what he wants with me. My entire program is devoted to giving up me and connecting to God. 100% of it.

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Re: My Book of Business

Posted by GrowStrong - 12 Aug 2017 21:17

The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

If anyone who is showing inability to control his drinking can do the right- about-face and drink like a gentleman, our hats are off to him. Heaven knows, we have tried hard enough and long

enough to drink like other people!

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Re: My Book of Business

Posted by dont give up - 12 Aug 2017 22:14

Do you have the ability - with all the different tools in the book - to not begin engaging in lust ever again?

Do you have the choice?

Look at your experience.

If you can, my hat is off to you. Do it and enjoy it. Why drive yourself crazy?

But I couldn't, and it took me a great while to realise that...

Yet since then I have experienced not just sobriety but real recovery and healing in many many areas in my life.

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Re: My Book of Business

Posted by Shivisi_Hashem - 14 Aug 2017 15:36

Day #49

Today is day #49, 7 full clean weeks, what a number, but im here, 7 weeks.... and I will pass that, I hope not to fail, **I will not give up**.... Ever, and only with your help, I can't alone.

waters are clear now, yes control, no control, the main thing is, we should stay clean, and everyone should take their own method which works for them, "**Be yourself; everyone else is already taken**" and for me works best that I know that after all, it's all about control, not a difference how I can achieve that, should it be via SA, should it be via 12 steps, should it via with Sponsor/partner, after all it boils down to control, control my eyes, hands, thoughts, you

name it, when I control myself, I stay clean, and when I let go, im falling, and the main thing I need to remember, Today only, **“The past is a ghost, the future a dream and all we ever have is now”**.

Hashem, thank you, for helping me to survive, thank you all of you on GYE, I’m clean only because of you, it has nothing to do with me... I’m powerless, I wouldn’t be clean today without your help, I’m very happy that I’m part of this chevrah, without you, I wouldn’t be where I’m today.

Thank you all!!!

Let’s Stay Strong! Let’s Stay Clean! And let’s be positive and happy, Yes! We can! And Together!

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Re: My Book of Business

Posted by Shivisi_Hashem - 15 Aug 2017 17:18

Today has to be #50 but i dont know if i should keep it as #50 or #1...

i was in the line in a store, and there was in front of me this Heimishe women, i wont be that graphic, but there was enough to get excited, (dont know what they are thinking, but who cares) so i acted out till climax..... hold it back at the last second, so my dilemma is, i need a recharge, i need something getting me going, if i will start at Day #1, it will be fresh counting, so i might save my self from falling further, but if ill stay at #50, im afraid of the fall, but its not a real fall to start from #1, so what should i do.

any idea how i should go with that?

also, do i have to be mad on this women, or on my self, or on nobody, thats life.....

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