

Just Starting

Posted by humanbeing - 04 Jan 2010 17:34

Hello fellow brothers,

I can't begin to describe my feelings of love and gratitude to all you kind Yidden. Kal Yisrael Araivim etc. and now I can truly see I'm not alone...

A little about me - I'm 32 years old with 4 B"H beautiful children and a very wise wife whom I truly love and cherish.

I have been struggling with remaining clean since I'm 15/16 years old...I fall once or twice a week since then.

When I got married (8 years ago) I was able to control myself for quite some time. However, the pressures of Parnossoh and the pitfalls of the high speed internet. R"L... Due to technical difficulties (I marked 1/1/2009 instead of 1/1/2010 as my first day) mistakenly my wall of honor post shows a previous streak of 364. I am now clean for 4 days since the Goyishe New Year and I hope to make that 364 days clean (and beyond) a reality.

I hope to find a sponsor or at very least a partner to whom I can entrust my internet filter/Accountability software. I will need that person to spend time in the beginning to tweak the settings since I have to use the internet extensively as part of my job. Unfortunately, I spend many hours alone in my office...I pray that this accountability and sense of community will help me attain a daily victory over my Yetzer Horah and desires for many years.

I also hope to find a Phone Group that would work with my schedule...I'm in the West Coast

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Re: Just Starting

Posted by humanbeing - 10 Aug 2010 16:58

Willingness - To truly believe that Hashem cares about me and is ready for me to let him in and

take care of all my needs.

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Re: Just Starting

Posted by Ineedhelp!! - 10 Aug 2010 21:55

Here's a quote from 12 & 12 you might like:

"PRACTICING Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called **willingness**. Once unlocked by **willingness**, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: "This is the way to a faith that works." In the first two Steps we were engaged in reflection. We saw that we were powerless over alcohol, but we also perceived that faith of some kind, if only in A.A. itself, is possible to anyone. These conclusions did not require action; they required only acceptance."

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Re: Just Starting

Posted by humanbeing - 11 Aug 2010 18:13

Thanks Yiddletoo for sharing that...I love your GYE name.

As children, our Higher Power is for most of us, Mamma and Tote. Growing up in the shadows of the Holocaust it's no wonder that many of our parents didn't have the ability to connect with us on any real deep levels of empathy or understanding. For most people (since most people are not addicts) they get over it and grow up with a healthy mature understanding of the true Higher Power, Hashem, who cherishes them and cares about their struggles, pain and rejoices in their happiness...

As an addict my problem is that it's hard for me to ensure that my emotions mature along with my brain. Namely, that I must work on a daily basis (ie. davvening 3 times a day) to realize that my Father in Heaven truly cares about me and treasures me for being a precious Yid. That is even before I take into account the many beautiful Mitzvos that I'm so privileged to be able to do every day.

I came to believe a Power greater than myself can restore me to sanity. Hashem is truly excited about his child seeking him and he will surely help me through all of my troubles and fears.

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Re: Just Starting

Posted by humanbeing - 12 Aug 2010 20:21

I must ask myself, am I willing to go to ANY lengths to work these steps and live in recovery?

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Re: Just Starting

Posted by humanbeing - 13 Aug 2010 17:00

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Re: Just Starting

Posted by Ineedhelp!! - 15 Aug 2010 14:36

[humanbeing wrote on 12 Aug 2010 20:21:](#)

I must ask myself, am I willing to go to ANY lengths to work these steps and live in recovery?

Thats a really good question... And the program asks that when asnwering this question, we be *completely honest* with ourselves. That is a very difficult thing to do. How do I be honest wiht myself if it means being critical of me? Oh ya, this isnt about me anymore it means more of God. And a good place to start is being honest with myself. Sometimes I am honest and still cannot bring myself to do something. Not an easy task. But if you are honest with yourself, my gosh, life is just so much better.

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Re: Just Starting

Posted by humanbeing - 16 Aug 2010 21:06

Yiddle thanks for the honest honesty assessment.

The Program ask us to surrender our Lust and our lives (fears, resentments, anger, depressions etc.) over to G-d. We don't ask that hashem take it away rather we surrender it to him. There is a big difference. The difference of a little boy and a man. It's time for me to mature and be the man/humanbeing hashem needs/wants me to be.

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Re: Just Starting

Posted by humanbeing - 19 Aug 2010 06:30

Wife is leaving for the weekend - I'm with the kids. I must really be in connetion iwth hashem with the help of my Chaverim. So I remain outside of my egotistical head and don't succumb to

the Lust. Your will not Mine be done.

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Re: Just Starting

Posted by humanbeing - 20 Aug 2010 07:50

A Gutten Erev Shabbos...

Heard at an SA meeting...After you get rid of the sex/lust/alcohol you're still left with the I.S.M. ...

I Sponsor Myself

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Re: Just Starting

Posted by humanbeing - 24 Aug 2010 00:23

Haslech Al Hashem Yehavcha - Vhu Yechalkelecha!

Throw Unto Hashem your burdens...Lust...RESENTMENTS...THINGS AND PEOPLE YOU'RE AFRAID OF...and HE will sustain you!!! Tehilim Nun Aleph.

I cannot live life on my own - I surrender my fears and character defects to you...YOU will work with me to overcome my challenges. There is no other way. I can't do this (life) on my own, with my own will power. Others perhaps can but I'm that weird, crazy, unexplainable person..I'm an addict. I need to live with Hashem or I just turn into a EGO Monster to my wife kids etc., I become frozen in fear like a 10 year old running away from the Doggie or the dark room. Hashem Hashem...I love the sound of the Shofar it truly says it the best. Just a primal scream to wake up and surrender that ego to Hashem and let yourself experience the true reality that Ani Lo Nivraisi Ela Lishamesh es Koni.

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Re: Just Starting

Posted by humanbeing - 24 Aug 2010 18:42

Just today just for today...I surrender my fears to Hashem and he will help me get through this next hour and the next as well.

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Re: Just Starting

Posted by Yosef Hatzadik - 24 Aug 2010 18:50

[humanbeing wrote on 24 Aug 2010 18:42:](#)

... He will help me get through this next hour and the next as well.

For the present moment, wouldn't this be a better outlook ?

[humanbeing wrote on 24 Aug 2010 18:42:](#)

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Re: Just Starting

Posted by humanbeing - 27 Aug 2010 00:49

Thanks Tzaddik - trying for 2 hours at a time got me in a little trouble - - B"H with Hashem's help, *men hut aroisgekruchin*

A story that happened to me:

I recently began attending SA meetings in my area. After the 2nd meeting I asked and was assigned a temporary sponsor by the name of Eric. A gentelman in his late fifties with 5 months of sobriety. I check in with him every day at his request and we are starting to work the Steps together beginning with Step 1.

This past Tuesday being that I got an award for 30 sober and i was sharing how I got this point. Of course, I mentioned the website and the DC Daily Phone meeting, not by name. After the meeting, (BTW these meetings have gotten me to finally start working the steps seriously) a fellow Brandt comes over to me and asks me if the website was GYE and the phone meeting were given by David. This Brandt (not-Jewish) used to live in Dallas and guess who was his sponsor - non other than the great captain DuvidChaim. It gets better, Brandt is my sponsor's, Eric, sponsor. SO my Sponsor is DC and now his spiritual grandson Eric. Thank you Hashem for sending me such an open sign of how much Nachas you are getting from me being on this path back to you. Thanks for listening.

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Re: Just Starting

Posted by Ineedhelp!! - 27 Aug 2010 03:32

Doesnt God run the world better than I ever would?? So why do I think that I can control what goes on?? Were self-will run wild!!!

Amazing story. Put that in your back pocket!

-Yiddle

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