

Funny walk to 90 by Yehoshua

Posted by yehoshua - 03 Jun 2010 14:42

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 26 Feb 2018 14:52

Thank you guys for the war welcome. Vow, really. Thank you so much.

What I am doing?

I am just listening to *Sexaholics Anonymous "Freedom of Choice"* on YouTube and working.

I am doing morning exercises.

I am reading.

I am posting here.

In my head I can hear Elya (Eye.nonymous) say: Is it working?

If I am doing this stuff, doing it for real, being in this life for real, without the lazy attituted and excuses, then I am doing good. Must be honest about contacting G-d in every problem, issue, conflict. Just for real, that is the no choice part.

And I have to start to call people and let them know about me. For real as Miha. That is my real name. I am Miha, I am a lustacolik and a sexaholic. My forms of acting out is masturbation, porn, flirting, fantasizing about women, men and on thurdsay even children.

I am sick, but I am coming out. I don't have any other way out. Either I go honest here and with another person or I act out, hurt people for real and die. I have tried that feeling of being a living dead man, I can't do it anymore in any form. I never thought, but even fantasizing is leathel for me.

My strength and hope. I am smiling. Today I am sober.

P.S. I am also doing some breathing exercises from Wim Hof, and end it up with a cold shower. A good thing.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 26 Feb 2018 14:54

Cordnoy, why are you jealous?

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 26 Feb 2018 17:49

Dear Miha, if you would like to be part of a group of other recovering sexaholics and lustaholics like you but aren't willing yet to do the real thing and show up at a meeting (or don't have any access to one yet), you are invited to join us on the Desperados call every Sunday and Wednesday at 12 noon till 1, New York City time.

The call is only available to those who get the PIN directly from me by discussing their personal case clearly and honestly on on the phone or in person.

I make absolutely certain that there are no curiosity-seekers on the call by having everyone announce their presence by their first name, and a bell goes off each time anyone comes on the call. I use the *2 function 2 count up the exact number of callers on the line to make sure it matches the names. We always have a secure line before anyone shares anything personal about themselves.

There are many International numbers to give you free local access to this call and we work the steps together with our main focus on regular open honesty about what our individual situations

are. The call also gives all those who desire it, a chance to clear the air about doubts they have regarding their own recovery, about their own Yiddishkeit, about recovery and Yiddishkeit, about the true nature and extent of their problem, etc.

Above all, it gives anyone who wants to, a a chance to start making friends with other people like them. It's not nearly as powerful and fun as a real meeting, but it's certainly more realistic than the movies!

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Re: Funny walk to 90 by Yehoshua
Posted by cordnoy - 26 Feb 2018 19:30

[yehoshua wrote on 26 Feb 2018 14:54:](#)

Cordnoy, why are you jealous?

Never had the opportunity to hug an actress.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 27 Feb 2018 07:30

[cordnoy wrote on 26 Feb 2018 19:30:](#)

Never had the opportunity to hug an actress.

Here everyone hugs, actors and actresses are like that. Don't they hug at SA meetings? After giving out all your soul, a hug comes naturally, perhaps.

Dov, so that means that I could call from my mobile phone? Or would with a computer? Sorry, for the stupid question.

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 27 Feb 2018 13:30

Not sure what you're asking, friend. Communication by computer w/o voice is still hiding, isn't it? Is the hugging you refer to done by computer? There's no effective and real connection made at all, as long as a fake name is being used between the two people trying to relate, an unwillingness exists to show my face to you or to use my real voice, to describe the real circumstances of my daily life and life in general. The safety provided by GYE's secrecy is **absolutely** necessary because GYE is an open, public venue! But once we find each other and find trust, then those same great safety mechanisms become truth-killers, and I suppose everyone here knows it.

So, yes, I think you have my cell. But if you don't, I gave you my email so we can trade numbers there (where it's safe from possibly dangerous onlookers).

Have fun, tovarish, koleszhanko, amigo, whatever!

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 07 Mar 2018 09:01

No no no...

Missunderstood.

I don't have a problem with calling and giving my real name (Miha) and saying I am a lustaholic and a sexaholic. I was just asking because of costs, if there is like a phone number that makes the call cheaper (or even through a computer, that would make no cost at all....). I am from central Europe and I am not sure I would be able to pay for the calls to New York. Sorry, for the misunderstanding and for my money problems.

Other than that. I had keri on sunday. I think I could have prevented it, I went to bed and had this little thought (of being a loser and being a woman in s* subordinate position to others - men, women, my wife). I just let it be, I went like: Ok, ok, ok, let me be, but I am falling asleep. So in my sleep, just sleeping on my belly, I had a spontaneous e*.

It crushed me, I felt so bad and so low.

I relistened to Harvey Asher on Youtube (SA testimonial). There he talks about the lust thinking. He asks, what is lust? Lust is not the s* acting out, it is what happened before you typed in that word, called that number... And that thinking remains, I will take it to my grave. That is what Harvey says, and I feel the same way, and that is a comfort.

Now I had a fight with my wife, early in the morning. I was on facebook, and saw this woman dancing wildly with a guy. Nothing s*, but I have to give it over to G-d. So anger, lazyness, feeling overwhelmed at work. Hm, I know how it looks.

He will restore me to sanity.

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Re: Funny walk to 90 by Yehoshua
Posted by yehoshua - 09 Mar 2018 09:30

So what is Let Go and Let God?

For me, it means doing all I can and when a thought (lustful or some sort of a destructive thought) pops up, I turn it over to my Higher Power. Which means, I make a prayer: God whatever I am looking in that woman, in those legs, in those arms (my prayer gets as graphic as my thoughts), may I find in You, please give me directions.

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Re: Funny walk to 90 by Yehoshua
Posted by Dov - 09 Mar 2018 12:35

Could it be that are not sober because you have practically nothing that many successfully

recovering addicts have? Your work on gye is to a great extent mainly discussion and philosophical. True commitment and honesty exists in the mind and heart, to be sure. But it is not *created* there. It is learned *only* within the context of real, living relationships, not in the mind, nor certainly in typeface. True support works the same way and is found only where facades are removed. Vulnerability - not self-protection - is the basis of the truest, safest, relationships in life.

You've got practically none of the ingredients I have had over the years that the AA's found they needed and gave me. Hashem gave us AA and SA for a reason. I suggest you do what I did and take these things for yourself. Put down the things that are just substitutes for it, and take the real thing. I joined a meeting of recovering sex addicts after 20 years of playing with honesty. You can do this on the phone at first, but I suggest that getting *real* friends will be necessary if you want G-d to be real to you one day.

GYE sent a Ted talk around a few years back, titled something like, "Everything you thought about addiction was wrong," and (ironically) it was about the fact that every true change that exists in recovery *only* happens in the context of real relationships.

Perhaps you misunderstood me in the previous post. It's not about honesty, but openness. If you want a G-d you can really trust, then make relationships with people who you can really trust and cultivate them regularly. Don't let them be virtual - unless a virtual *G-d* is all you want. Hiding is the way to prevent real change. The fake name thing here is only the tip of the iceberg, the badge of shame one wears as long as *comfort* is our truest priority.

You can get past that, I know.

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