

Do SA Meetings Really Help
Posted by Z251415 - 03 Jan 2023 00:37

Have you gone to meetings? do you still go? do you think its a must? why?

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Re: Do SA Meetings Really Help
Posted by jackthejew - 03 Jan 2023 13:41

[Z251415 wrote on 03 Jan 2023 00:37:](#)

Have you gone to meetings? do you still go? do you think its a must? why?

Depends:grinning:

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Re: Do SA Meetings Really Help
Posted by Hashem Help Me - 03 Jan 2023 21:12

For those who are addicts, meetings are an incredible yeshua, and those individuals should be encouraged to go. I am in touch with a number of great fellows who have benefited greatly, and/or are presently being helped by SA meetings.

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Re: Do SA Meetings Really Help
Posted by yankel62 - 17 Jan 2023 16:57

How do you deal with the shame ? what do i do if i meet my brother there ? that's my main think what holds me back

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Re: Do SA Meetings Really Help
Posted by Hashem Help Me - 17 Jan 2023 22:18

Everyone there is in the same boat and everyone recognizes that. The atmosphere is very non-judgmental and goal oriented.

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Re: Do SA Meetings Really Help
Posted by easy - 18 Jan 2023 20:50

- 1) i would love to meet my brother there then i can connect with him on a much deeper level.
- 2) if he is there he is struggling with the same issues what is the shame in that
- 3) share the shame, for me keeping in the shame is one of the factors that causes me to fall
- 4) yes meetings are necessary. it is one of the foundations of the program
- 5) you can always drive to a farther meeting. and do more meetings on zoom

hatzlacha rabba

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Re: Do SA Meetings Really Help
Posted by easy - 18 Jan 2023 21:00

- for me meetings
- 1) gets me out of myself to connect with other people.
 - 2) gives me a place to share my thoughts and feelings no matter what they are. this is really important to me staying clean. and getting rid of resentments and obsessions
 - 3) it is a place to hear experience strength and hope that for me is a key part of my recovery
- this is just some of the reasons that i find it important.

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Re: Do SA Meetings Really Help
Posted by Misgaber96 - 13 Mar 2023 03:08

I shared this in a private chat

Dov explained that the big book describes powerlessness only after the first drink, but the first drink is your choice I had to make boundaries for myself, crossing a boundary is taking a first drink I then have to call my sponsor or friend because I am powerless beyond that point.

One thing, I remember my sponsor saying, just be safe once you have acted out, we are most vulnerable when we act out. play it safe for the next week or two, rehash the boundaries, do a bit of extra reading, and be kind to yourself, write out a list of 5 things which make you feel safe and do those things, try hang around people

ACTING OUT IS TRAUMATIC both spiritually and physically, it has taken 6 months of recovery and I still feel that I am only getting better. more present, more active, more caring and kind, bigger, more humble.. the list goes on, there is a TON to look forward to... this yetzer makes us lose sight of all outcomes.. good and bad, that is why step one is soooo important

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