

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

Shalom

I am in my 40s married with children

Recently, I decided to get help on a serious level with my addiction .

My mind wanders and the tayva builds.

It would be easy to blame this on the lack of excitement in marriage intimacy, but I had done this at times before marriage, and at times, when marriage bedroom was good, I'd still fall. Perhaps it still is the reason, but marriage stuff is probably not gettin' better anytime soon.

I have more to write, but as this is my first post, id like to hear some suggestions first please.

Thank you so much

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Re: tryin

Posted by TehillimZugger - 06 Mar 2014 02:23

extra.

Sheesh! thnks

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Re: tryin

Posted by cordnoy - 09 Apr 2014 08:03

90....for the third time!

b'hatzlachah to all

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Re: tryin

Posted by kilochalu - 10 Apr 2014 03:14

KOT (Tankin')

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Re: tryin

Posted by ZemirosShabbos - 10 Apr 2014 19:53

Mazel tov Cordnoy!

you da man!

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Re: tryin

Posted by cordnoy - 02 May 2014 12:11

GYE has just obtained an exclusive interview with HaRav Chaim Kanievsky shlit"a:

TZ: How is it that the R"Y shlit"a can add a new miktzoa to his seder halimud every year, and still find the time to complete kal hatorah kulah (bavli, yerushalmi, safra, sifri, tzetel katan, chumash mit da ohr hachaim hakadosh, divrei chaim, etc.)?

HCK"s: Same

TZ: The R"Y shlit"a is answerin' that it is the same way he was able to do it all these years?

HCK"s: Nods his head in agreement.

TZ: So then, perhaps I can ask: How did the R"Y shlit"a accomplish this feat the first year? Did the R"Y shlit"a actually think that he would complete Talmud Bavli in one year (besides all of his other sedorim)?

HCK"s: Humming

TZ: The R"Y shlita is referrin' to my song?

HCK"s: Nods his head in agreement.

TZ: One day?

HCK"s: Nods his head in agreement.

Tz: at a time?

HCK"s: Nods his head in agreement.

And in another exclusive of GYE, our London correspondent recently caught up with Adele, and asked her as follows:

PY: "Rumour has it" that you have been dietin' for the past year, so tell me: Why is that you

can't lose weight? You need to "Set fire to the rain!" Don't you realize that this is what's holdin' you back from joinin' stardom like those other brooms? Why can't you "turn the tables"?

Adele: That's exactly the point.

PY: What is?

Adele: I keep thinkin' of becomin' one of those broomsticks and I keep fallin'. I will not be able to completely and forever stop eatin' chocolate cake with icing. It will not happen forever. I find myself "rollin' in the deep." Sometimes it lasts for a week; sometimes for three days, but forever!? I cannot do it. It just won't work. All I will be doin' is "chasin' pavement."

Amazin'!

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Re: tryin

Posted by TehillimZugger - 02 May 2014 17:51

Reb Chim Kanivesky singing One Day! That was really something, do you hear Nitzotz? It's way better than some chassidish dude swinging Matis on a hammock...

But Cordnoy! you left out the main part of the interview! He also told me:

Warning: Spoiler!

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Re: tryin

Posted by ZemirosShabbos - 02 May 2014 19:28

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Re: tryin

Posted by cordnoy - 21 Jun 2014 01:12

A quick update from someone who's not really here.

1. I have now been on GYE for over a year.

2. I have now been in recovery state for over a year.

3. I have fallen three times.

4. three falls in a year is an accomplishment.

5. I have not decided about returnin' to groups or here for that matter on a constant basis.

6. My week was numb, but the lust issue wasn't on my mind.

7. Someone is tryin' to get me to see a marital professional.

8. My marriage is really swell Thank God....this is huge!

9. While I have no desires this minute, I know I am addicted and I know I can fall any minute.

10. I have the tools not to take the "second look," and most of the time, I use them.

11. I wanna thank all the chevra here for all their support, especially when I am in the reachin' out stage.

12. I'd especially like to thank the chevra who reach out to me durin' hibernation time....like now.

Thanks

Good Shabbos

b'hatzlachah to all

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Re: tryin

Posted by Pidaini - 22 Jun 2014 07:31

Thank you for the update, it's good to see you here even if it's not definitive!!!

Would you mind sharing the pros and cons are regarding coming here consistently? I understand that SA is an hour each way, are there other tz'dadim?

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Re: tryin

Posted by dms1234 - 23 Jun 2014 01:16

WOW!!!!

And i know you're not even "hoping" to be clean!

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Re: tryin

Posted by cordnoy - 23 Jun 2014 23:27

Guard Your Eyes is affiliated with the following program for teens.

[FORTIFY](#)

They say it's a great program for teens and free if you are under 20 (drats! Missed that by a few.)

b'hatzlachah

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Re: tryin

Posted by cordnoy - 24 Jun 2014 00:00

they told me that in an email.

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Re: tryin

Posted by lavi - 24 Jun 2014 00:57

hello cordnoy,

i don't have any good advice to give. but i want you to know that i'm davening for you.

your friend lavi.

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Re: Tryin'

Posted by cordnoy - 25 Jun 2014 16:39

An update from a strugglin' yesterday:

I still was fightin' this numbness and not carin' attitude from my fall last Sunday, and as the numbness wore off, I was tiltin' or turnin' but in the wrong direction....mindset that it.

I still had connection with Romanian in pocket.

Then, several things happened at one time.

1. A GYE friend was on the phone with me. He has struggles in marriage and made a connection with an old female friend from years ago. We spoke for a while how our issues are similar, yet different, but perhaps the "addiction" is an underlyin' similarity. I wasn't givin' or offerin' advice; just sharin' my recovery and what works for me and what doesn't and how my mindset is presently confused....unlike the past six months when my lustful thoughts and fantasies would have been shut down.

2. Frum local aspirin' therapist friend (I will leave out the word woman, so you don't get confused and that you don't jump all over me) is applyin' pressure that I should take this to the next level. Yes, I am in SA, but I am not really workin' the program and steps and it is not religiously. She (oops) wants me to go to a local specialist, one who deals with these types of issues on a full-blown scale. I am scared, petrified and in general, hesitant....all types of reasons. Ultimately, it is probably for my benefit, but I was shakin' (literally) with concerns.

3. At the same time, Romanian clicked in....didn't realize (yea...sure?) that yahoo messenger was on and active, and she said: hello. She is also a therapist and I explained to her again my confusion. She asked me: What would be my scenario of a perfect life? I listed her a few things: Good marriage (which I basically have now....very content); family stuff (but who doesn't have); a bit more parnasah (usual); and most importantly.....no cheatin' on wife; sexual sobriety; no dual life (death) livin'. She responded: So....to reach those goals, what is dependent on you (meaning 'me')? I replied with the only possible answer (and one that she knew I would provide) that we must part ways again; it is the only way. I didn't say goodbye this time, for my goodbye's are worth diddly and who knows, but I did delete yahoo messenger from phone (again) and in the process of blockin' the reinstallation process.

As I am wont to say: So there!

Feelin' better today.

What will be tomorrow?

Who da @\$% cares?

Today, I'll be ok.

Thanks

b'hatzlachah to all

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