

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

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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 Shlomo24 - 16 Jan 2017 17:31

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I used to think that all addicts are born with their addiction. I don't believe that to be true anymore. I do believe that some are like that, but I also think that addiction can develop with life circumstances. I know guys who have been masturbating since they were 3,4,5 years old. Personally, I have been having sexual dreams and getting erections since somewhere between the ages of 3 and 5. But not everyone is like that. I went to an addiction therapist for a short time and he said that there are 3 levels, 1) User 2) Abuser 3) Addict. I suspect that there are many "abusers" in 12-step.

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Re: Tryin'

Posted by Singularity - 17 Jan 2017 08:28

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[Shlomo24 wrote on 16 Jan 2017 17:31:](#)

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Any idea how you differentiate between 2) and 3)?

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Re: Tryin'

Posted by Shlomo24 - 17 Jan 2017 16:51

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An abuser is using more than he should, and it's affecting his life. But he's not losing his life to his substance. His life isn't completely unmanageable. But the addict is losing his life to his substance. His life is unmanageable and he's consistently going against his own will. It's similar to the 3 phases of drink 1) Man drinks drink 2) Drink drinks drink 3) Drink drinks man.

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Re: Tryin'

Posted by MayanHamisgaber - 17 Jan 2017 20:10

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By the way cordnoy sorry that i'm a little late but MAZAL TOV on 9000

may you be zocha to help many more poeple and continue to help all of us

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Re: Tryin'

Posted by cordnoy - 17 Jan 2017 22:06

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[MayanHamisgaber wrote on 17 Jan 2017 20:10:](#)

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Hours?

days!

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Re: Tryin'

Posted by MayanHamisgaber - 17 Jan 2017 22:11

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posts

sorry i lack the humor that markz watson and the others posses to properly congratulate you

but please keep up the good work

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Re: Tryin'

Posted by cordnoy - 18 Jan 2017 00:39

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Ribbon shel Olam, I offer myself to You - to build (?) with me and to do with me (my family as well?) as You will (You're actually doin' that anyway). Relieve me (please) of the bondage of self, that I may better do Your will (for that would go a long way). Take away my difficulties (ok; just some of 'em maybe), that victory over them....yada, yada, yada....take 'em away please, for I want 'em away.

Ya' see...the difficulties referenced here in this prayer is ego, vengeance, self-centeredness (?), haughtiness and others. I davened for my difficulties with son a and c and the wife - that's it for now.

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Re: Tryin'

Posted by MayanHamisgaber - 18 Jan 2017 04:18

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posting to get to the page

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Re: Tryin'

Posted by Singularity - 18 Jan 2017 07:13

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[cordnoy wrote on 18 Jan 2017 00:39:](#)

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I like it.

They should revise the Artscroll.

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Re: Tryin'

Posted by MayanHamisgaber - 18 Jan 2017 07:26

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[Singularity wrote on 18 Jan 2017 07:13:](#)

[cordnoy wrote on 18 Jan 2017 00:39:](#)

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cords sounds like he is giving up and screaming for help is this the way we should be davening to HASHEM FOR HELP no wonder things are going hard it doesn't sound like we are serious that we need help.....

tell me if i missed the boat...

Hashem loves all of us and the ones with BIG problems he loves even more

B'hatzlacha

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Re: Tryin'

Posted by Singularity - 18 Jan 2017 09:32

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[MayanHamisgaber wrote on 18 Jan 2017 07:26:](#)

[Singularity wrote on 18 Jan 2017 07:13:](#)

[cordnoy wrote on 18 Jan 2017 00:39:](#)

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I see it as a brutally honest prayer. basic text of what one would see in the siddur, with parentheses of what our actual thoughts are (if we think during davening). And Hashem wants honesty. *mid'var Sheker tirschak*. In your mind as well.

Or I may be wrong. See, cords, I *told* you I winged my *pshat* that other time.

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Re: Tryin'

Posted by MayanHamisgaber - 18 Jan 2017 10:52

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i think what deturbs me most is the yada yada yada part probably just the way cords posts ut hope that it's nt the way he feels and prays....otherwise agreed that it is a brutally honest prayer

sorry if i'm so picky

B'hatzlacha

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Re: Tryin'

Posted by Singularity - 18 Jan 2017 11:42

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let's wait for the *mechaber* to explain.

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Re: Tryin'

Posted by cordnoy - 18 Jan 2017 12:32

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[MayanHamisgaber wrote on 18 Jan 2017 07:26:](#)

[Singularity wrote on 18 Jan 2017 07:13:](#)

[cordnoy wrote on 18 Jan 2017 00:39:](#)

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B'hatzlacha

It's called honesty durin' a prayer.

Actually recitin' this prayer with meanin' is a step thatl allows one/me not to give up.

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