

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 cordnoy - 08 May 2017 00:52

The world stands on three things: on Torah, avodah and gemilus chassadim.

Three things chase a person from this world: jealousy, desire and honor.

I leave it up to you to match the three.

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Re: Tryin'

Posted by tiger - 08 May 2017 01:36

Its interesting to note and this is based on my personal experience, I was a very big masmid when I was a bucher in yeshiva and later as a kollel guy, but I still had a problem with my eyes and with mast..., Only later when I went to work and I was not learning as much did my actions get much worse. I always said to myself that even though I was still lusting in yeshiva it was definitely holding me back from doing much worse,

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Re: Tryin'
Posted by yiraishamaim - 08 May 2017 02:49

[tiger wrote on 08 May 2017 01:36:](#)

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tiger -Is Limud Hatora a part of your sobriety program?

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Re: Tryin'
Posted by tiger - 08 May 2017 13:52

Its definitely a part as it has kept my mind occupied, but I mean really learning,like no time to think about anything but Torah, unfortunately I don't have that anymore

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Re: Tryin'
Posted by Shlomo24 - 08 May 2017 14:43

[tiger wrote on 08 May 2017 13:52:](#)

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Why set the bar so high? "Really learning" only means zero batalah or intrusive thoughts? I believe someone could be really learning even if they're a bit distracted.

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Re: Tryin'
Posted by yiraishamaim - 08 May 2017 16:12

One of my chasidishe friends once told me:"you guys have a problem. When your not in full time learning, you all feel real guilty. Not me. My rebbe said, time to work and I'm working."

There is some truth to that.

My friend - be *koveya itim*. Durim that time have quality learning. As well, have a few interesting topics in your mind that you can ponder when not working or learning.

Your still can be very much an *eved Hashem*.

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Re: Tryin'
Posted by cordnoy - 08 May 2017 16:28

The Chasam sofer writes that this explains the juxtaposition between 'vayisu meihar Hashem ' - like a child runnin' away from school with the next passage of 'hisavu taayvah' - and the Jewish people desired.

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Re: Tryin'
Posted by cordnoy - 08 May 2017 16:39

There is more (much more, and even a deeper understandin' of the heart's desire for Torah and

the other desires), but I will leave it for now and conclude (all my own assumptions, understandin' and beliefs) with the followin':

1. It does seem that one who is completely immersed and engrossed and engulfed by the study of Torah will be protected and he will not be affected by these other desires.

2. One who is addicted (used loosely) to these other desires (such as myself) can attempt to delve into the depths of Torah (if he can) and it might quite possibly reverse the tide.

3. Even if he cannot, studyin' Torah cannot be a bad thin' to do, and it certainly ain't worse than any other distraction, and who knows? it might even serve as a deterrent.

4. One who is not addicted should certainly engage in Torah study, as much as possible.

5. One who is addicted should probably find a programs that works on recovery. Obviously, learnin' Torah and observin' mitzvos should be continued.

b'hatzlachah

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Re: Tryin'
Posted by GrowStrong - 08 May 2017 17:13

I would add that the kavana of recovery should be to kad(i)ma l'torah.

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Re: Tryin'
Posted by tiger - 09 May 2017 01:38

Shlomo24, what I meant was that of course really learning can be even if you are distracted, what I meant and again this was from my experience, I had times when I was totally immersed in learning, and I mean totally, those were days when my mind was just full of God!

in a way I am really missing those days and I hope one day to taste it again God willing, but right now it is very hard for me and I don't even have normal chavrusos and a normal Seder, so I definitely feel the contrast,

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Re: Tryin'
Posted by Hashem Help Me - 09 May 2017 04:15

Tiger, may Hashem give you back the ability and that geshmak in being sho'kua in Torah and may it spread to the rest of us.

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Re: Tryin'
Posted by Singularity - 09 May 2017 09:48

[cordnoy wrote on 08 May 2017 16:39:](#)

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Is this from the Rambam, hilchos Sanity?

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Re: Tryin'
Posted by GrowStrong - 09 May 2017 10:08

1 and 4 are.

2, 3 and 5 are from hilchos recovery siif bays

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Re: Tryin'
Posted by cordnoy - 12 May 2017 13:51

Movin' on to step 5 on call today.

10 minute trumpet blowin'.

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