

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 - 15 May 2017 02:13

Il saw the followin':

"So in the mood now. my life in terms of healthness kind of stinks. I need to work harder on myself and for myself. My main issue that is blocking me from reaching that goal is my self hatred. I simply don't love myself enough to work so hard for me. For anyone else I would do it . But for me, no way."

MakesMakes me wonder: what motivmotivated me? It wasn't my love for self. T'was more the unbearableability of a life that sucked.

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Re: Tryin'

Posted by Singularity - 15 May 2017 08:34

[cordnoy wrote on 15 May 2017 02:13:](#)

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Isn't that step 1?

Does it matter where the motivation comes from?

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Re: Tryin'

Posted by cordnoy - 15 May 2017 10:18

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[cordnoy wrote on 15 May 2017 02:13:](#)

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No.

NotNot sure.

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Re: Tryin'

Posted by Shlomo24 - 15 May 2017 15:34

I got into recovery because I couldn't stand my hypocrisy of being a Yeshiva guy and also going in phone sex for 6 his at a time. It took me 11 months until I had a somewhat decent 1st step.

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Re: Tryin'

Posted by Mesayin - 15 May 2017 16:13

[cordnoy wrote on 15 May 2017 02:13:](#)

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Disagree on the first. If you ask any psychologist they will tell you that you cannot love someone else unless you love yourself. You cannot give that what you do not have.

What will you do if your current life starts to suck, will you revert back to the old life that sucked? Both suck, might as well enjoy it.

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Re: Tryin'

Posted by cordnoy - 15 May 2017 18:48

[Mesayin wrote on 15 May 2017 16:13:](#)

[cordnoy wrote on 15 May 2017 02:13:](#)

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How can you disagree with someone's feelin's? That's what they wrote? Are you sayin' that someone can't love someone else if they don't love themselves?

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Re: Tryin'

Posted by Mesayin - 15 May 2017 18:57

[cordnoy wrote on 15 May 2017 18:48:](#)

[Mesayin wrote on 15 May 2017 16:13:](#)

[cordnoy wrote on 15 May 2017 02:13:](#)

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Yes sir, that is exactly what I am saying, should I bring sources for that?

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Re: Tryin'

Posted by cordnoy - 15 May 2017 19:02

Sure.

Please.

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Re: Tryin'

Posted by Mesayin - 15 May 2017 19:12

Alright right now I don't have the source in front of me, I'll need to do some digging.

I heard it from Dr. Dovid lieberman and I am mostly sure that I also heard it from Rabbi Dr. A.J Twerski.

Perhaps you can do some digging yourself.

You can hear Dr. Lieberman on Torah Anytime.

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Re: Tryin'

Posted by cordnoy - 16 May 2017 01:28

One who does not love himself because he has low self esteem will have difficulties lovin' others; the relationship might not work. However, one who does not love himself because of his actions and behavior, can quite possibly love another.

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Re: Tryin'

Posted by Mesayin - 16 May 2017 14:50

[cordnoy wrote on 16 May 2017 01:28:](#)

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Would you say someone suffering deeply from addiction has low self esteem or a high self esteem?

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Il would not know.

I'm assumin' you think the answer is low self esteem. By me, however, it was and is high self esteem. I know others with similar tendencies. I know addicts who have low self esteem as well.

Bottom line, I don't think they are necessary related.

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Actually, I think to answer my question, one would need a degree in addiction and in mental health and no one here I know has either.

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Re: Tryin'

Posted by Shlomo24 - 16 May 2017 21:52

Self-esteem is overrated.

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