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 lavi - 25 Jul 2014 00:13

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so...!!! because you don't display rachmanus, so we shouldn't also????

but thanks for the invitation.... i hope you won't regret it...anyway it is a pleasure to hear from you!

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Re: Tryin'
Posted by cordnoy - 25 Jul 2014 00:18

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Good point

but....

I am not sayin' to do anythin' wrong; all I am sayin' is you can take the gloves off a bit....if you don't agree with somethin' I say, go for it!!

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Re: Tryin'
Posted by cordnoy - 28 Jul 2014 01:16
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and soon enough "mellow" will be my middle name.

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Re: Tryin'
Posted by reallygettingthere - 28 Jul 2014 11:10
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well if you're gonna name yourself corduroy OF COURSE your gonna be mellow

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Re: Tryin'
Posted by shivisi - 28 Jul 2014 16:37
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cordnoy wrote**:**

Good point

all I am sayin' is you can take the gloves off a bit....if you don't agree with somethin' I say, go for it!!

Reb Avraham,

In order for someone to rightfully and truthfully correct someone else, he must not only not "take off his gloves", but if he's not wearin' gloves, he gotta put on a pair.

Becuz if there's anythin' but soft silky love in that criticism then it is false!

So everybody - put your gloves on and get into the ring and "Go for it"!

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Re: Tryin'
Posted by cordnoy - 29 Jul 2014 02:34
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Or do as Noad Lahat did.

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Re: Tryin'
Posted by WhenZaidyWasYoung - 29 Jul 2014 13:04
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All,

What advice would you offer to a teenager who wrote this:

Since I'm unable to be as 'distracted' as usual, and I have to look her in the face and speak to her, my mind would wander more than usual. I think one of the main issues is objectification of women, but I don't know how to address that.

Thank you

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Re: Tryin'

Posted by WhenZaidyWasYoung - 29 Jul 2014 17:52

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Dov or Gibbor once wrote as follows:

The more I think of a women as an object, the more I am really thinking of myself as less of a person and more of an object: A sexual pleasure-being rather than a real human-being.

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Re: Tryin'
Posted by cordnoy - 29 Jul 2014 17:58

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Found this gem from the Blind Beggar Shlit"a:

I just realized that I objectify all women. The pretty ones are no chiddush, but when I see a fat or old woman and write her off as worthless I am also objectifying her. Fat women and old women are also people, I know some personally and they are real. Lots to learn.

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Re: Tryin'
Posted by dms1234 - 30 Jul 2014 03:14

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Skeptical sent me this a while back: "If I notice a girl, I will tell myself something like, "She's a person, just like I am. She deserves the same kind of respect I do. She's not there for me to enjoy. If I don't have to interact with her, I don't need to look at her. Life was just fine before I noticed she was there, I can survive without looking again. I could live just fine without soaking in the view. Hashem decides what pleasures are good for me to get and I need to surrender that entirely into His hands. When I truly believe that Hashem is running my life I won't feel the need to take anything extra for myself"

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Re: Tryin'
Posted by gibbor120 - 30 Jul 2014 20:40

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[WhenZaidyWasYoung wrote](#)**:**

Dov or Gibbor once wrote as follows:

The more I think of a women as an object, the more I am really thinking of myself as less of a person and more of an object: A sexual pleasure-being rather than a real human-being.
It was dov. I really like the quote.

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Re: Tryin'
Posted by cordnoy - 30 Jul 2014 21:03

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Yep; I like it too; that's why I quoted it.

and I think I saw you write it one place....perhaps it was b'sheim R' Dov.

Thanks

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Re: Tryin'
Posted by WhenZaidyWasYoung - 31 Jul 2014 17:41

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Yep; I like it too; that's why I quoted it.

and I think I saw you write it one place....perhaps it was b'sheim R' Dov.

Thanks

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Re: Tryin'
Posted by cordnoy - 01 Aug 2014 16:38

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It is important for me to write that while my key and crucial areas of strugglin' in the past has been tempered and in-check - thru the help of God, the chevra, the professionals, etc., I have not been good with my eyes the last several days...takin' second and third looks...not fourth and no fantasies thankfully.

Just wanted to get that out there and will double my efforts today.

Thanks

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