

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 - 23 May 2017 04:12

Sherlock: "I needed to inject an element of darin' into my sobriety... remove the safety net...The daily business of stayin' sober - of goin' to meetin's with people not nearly my intellectual equal has become a bore. My mind rebels at stagnation. The process of recovery has become stagnant. So I have increased the level of difficulty in order to remain engaged. What I have not done, I assure you - is waver in my commitment - not one iota."

Watson: "You're arrogant."

Holmes: "I beg your pardon."

Watson: "Your problem is that you think that you're smarter than everyone else."

Holmes: "I am smarter than everyone else - demonstrably."

Joan: "I didn't say you weren't; you are. I said you think you are. You think that bein' smarter makes you different. Don't you think that other people get bored at meetin's too.....Everyone gets bored at meetin's! It doesn't make you different; it makes you typical. But you know what the one's who stay sober do? They keep goin'!"

Sherlock (bein' stubborn): "Have you considered the possibility that I experience my boredom more acutely than others experience theirs? I've been relatin' to my sobriety like a tourist who visits the Grand Canyon, but doesn't go near the edge for fear of fallin' in."

Watson: "Yes, and that's how you stay sober."

Holmes: "It is also how you lull yourself into a torpor. If addiction is an abyss, shouldn't the addict tiptoe up to the edge once and a while? Stare down into the gorge."

Holmes (at a meetin'): "Hello, my name is Sherlock and I'm an addict."

Others: "Hello, Sherlock."

Holmes: "I'm also... I'm the cleverest person in the room. Now, I'm... I'm so much cleverer than my peers that I've come to believe I feel boredom more acutely than everybody else... which leads me to my recent quandary... arrogance. My own arrogance, you know, to be precise. And the possibility that that might be an Achilles' heel to my recovery."

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Re: Tryin'

Posted by bb0212 - 23 May 2017 05:13

Sherlock, please be happy about at least one thin'. Recognizin' your arrogance enables you to start workin' on lessenin' this issue. In my own experience with my own arrogance, it was hidin' inside me, all the while I was tellin' myself that I'm actually humble. After many years of foolin' myself, I discovered the facade. Now, I notice my arrogance pretty fast. I'm probably the best example of somebody who cured his arrogance. The work is hard, but I actually didn't have to work too hard because of my brilliance.

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Re: Tryin'

Posted by Shlomo24 - 23 May 2017 11:21

That was great, Cordnoy.

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Re: Tryin'

Posted by lionking - 23 May 2017 11:24

[bb0212 wrote on 23 May 2017 05:13:](#)

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BB, Please don't take this the wrong way. I don't mean to antagonize. Please read over the above post with an outsider's perspective. Let me know if you want me to highlight some words for you.

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Re: Tryin'

Posted by bb0212 - 23 May 2017 12:32

[lionking wrote on 23 May 2017 11:24:](#)

[bb0212 wrote on 23 May 2017 05:13:](#)

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Re: Tryin'

Posted by GrowStrong - 23 May 2017 12:37

[bb0212 wrote on 23 May 2017 12:32:](#)

[lionking wrote on 23 May 2017 11:24:](#)

[bb0212 wrote on 23 May 2017 05:13:](#)

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The end (last two sentences) was me attempting a joke.

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Re: Tryin'

Posted by lionking - 23 May 2017 13:23

[bb0212 wrote on 23 May 2017 12:32:](#)

[lionking wrote on 23 May 2017 11:24:](#)

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BB, Please don't take this the wrong way. I don't mean to antagonize. Please read over the above post with an outsider's perspective. Let me know if you want me to highlight some words for you.

The end (last two sentences) was me attempting a joke.

Thanks for the clarification! I figured I'll let you explain, before bashing you. The written word

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Re: Tryin'

Posted by Mesayin - 23 May 2017 14:52

Very nice but Sherlock was an atheist which means he probably didn't do the 12 steps.

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Re: Tryin'

Posted by Bigmoish - 23 May 2017 17:12

[Mesayin wrote on 23 May 2017 14:52:](#)

Very nice but Sherlock was an atheist which means he probably didn't do the 12 steps.

There are many atheists in 12 step groups.

Have you ever read the big book?

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Re: Tryin'

Posted by cordnoy - 23 May 2017 17:59

[Mesayin wrote on 23 May 2017 14:52:](#)

Very nice but Sherlock was an atheist which means he probably didn't do the 12 steps.

There's a chapter in the big book related to this exact issue.

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Re: Tryin'

Posted by Mesayin - 23 May 2017 18:36

I guess I stand corrected.

I haven't read it. I don't like to read.

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Re: Tryin'

Posted by eslaasos - 23 May 2017 18:41

I also don't like to read self-help books or biographies, in fact anything non-fiction.

That's one reason why they have the conference calls so you can hear others read it to you...

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Re: Tryin'

Posted by cordnoy - 23 May 2017 18:59

[eslaasos wrote on 23 May 2017 18:41:](#)

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That's one reason why they have the conference calls so you can hear others read it to you...

Except that I skip that chapter.

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Re: Tryin'

Posted by eslaasos - 23 May 2017 19:13

[cordnoy wrote on 23 May 2017 18:59:](#)

[eslaasos wrote on 23 May 2017 18:41:](#)

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The chapter that the teacher wants to skip is always read the most