

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

C

=====
=====

Re: Tryin'

Posted by cordnoy - 28 Jun 2023 04:03

[Markz wrote on 28 Jun 2023 03:47:](#)

[cordnoy wrote on 28 Jun 2023 03:14:](#)

There were several posts in my history where I list all the fellows from Gye that I have met in person. I cannot find it though. Regardless, I can now put another two notches on my lipstick case. Exhilaratin' to meet comrades in the flesh.

Godspeed

You made my day!!

Just your day?!?

But in all seriousness, the feelin' is mutual. Especially regardin' your news.

=====

Re: Tryin'

Posted by i-man - 28 Jun 2023 14:52

[cordnoy wrote on 28 Jun 2023 03:14:](#)

There were several posts in my history where I list all the fellows from Gye that I have met in person. I cannot find it though. Regardless, I can now put another two notches on my lipstick case. Exhilaratin' to meet comrades in the flesh.

Godspeed

<https://guardyoureyes.com/forum/23-Just-Having-Fun/312033-Re-The-10000-ACCORD-Award>
Here

=====

Re: Tryin'

Posted by chaimoigen - 28 Jun 2023 15:35

[i-man wrote on 28 Jun 2023 14:52:](#)

[cordnoy wrote on 28 Jun 2023 03:14:](#)

There were several posts in my history where I list all the fellows from Gye that I have met in person. I cannot find it though. Regardless, I can now put another two notches on my lipstick case. Exhilaratin' to meet comrades in the flesh.

Godspeed

<https://guardyoureyes.com/forum/23-Just-Having-Fun/312033-Re-The-10000-ACCORD-Award>
Here

awesome post. Made a big impact.

Cords, I want to here the Niggun that the song is to be sung to

=====

Re: Tryin'

Posted by EccentricComposer - 05 Jul 2023 01:04

Liking the new profile picture!

=====

Re: Tryin'

Posted by Hakolhevel - 06 Jul 2023 05:47

[EccentricComposer wrote on 05 Jul 2023 01:04:](#)

Liking the new profile picture!

Though I think your old profile picture was a very good portrayal of your general way of thinking.

The only other one that I've seen as good as your old profile pic is skeptical. And on that note, I hope he's ok.

=====

====

Re: Tryin'

Posted by cordnoy - 03 Aug 2023 16:49

Regardin' lust, sex and marriage

[bardichev wrote on 03 Nov 2010 21:02:](#)

[dov wrote on 03 Nov 2010 20:50:](#)

OK, not to criticize, just to observe, here is another little (huge) difference between SA recovery and the fellowship known as GYE:

If I went on and on about sex with my sponsor or group like this, I'd be called on it. Because my problem is, at it's root, lust. Not sex, but lust. And not even lust *for* sex....my problem is just, plain, **lust**.

Sure we all have needs and we even have desires that are kosher to pursue. As the AA old-timers used to say, "This is a selfish program."

And they also say, "First things first," meaning: prioritize in a meaningful way.

So of my various and many needs and desires (I got a list, man), the one that I choose to spend the most time and attention on is: being useful. Studying and acting on exactly how I can best do that for each of the people I live with is my first job, today. I just cannot afford the luxury of *trachten* for days on end over my needs. I am **not** saying it is a bad thing at all, I am just saying that for me it is poison...and stupid. I see it like gambling: even in the situations when it is actually is *mutar*, one who does it for his *parnossah* is *posul l'eidus* because he is not *oseik betikuno shel Olam*. Any self-directed obsession - no matter how worthy - is shtuyot, for me. It

poisons my life.

So, though this is a *great* thread, I maintain what I spewed earlier: This issue is not a lust problem, but a *marriage* problem. A husband or wife who do not consider pleasing their spouse a priority for them in this life, has a problem. The marriage has a vacuum in it somewhere.

And it needs to be faced squarely and painfully, not *obsessed* over.

BINGO!!!!!!

they don't quote him evryday for nuffin

great post rebberebber=dov

And now, I will return to BARDY'S PUB

=====

Re: Tryin'

Posted by Shteeble - 03 Aug 2023 17:20

[cordnoy wrote on 03 Aug 2023 16:49:](#)

And now, I will return to BARDY'S PUB

[bardichev wrote on 24 Jan 2010 19:48:](#)

KIDDUSH

WHITE REISLING 2006

<http://www.royalwines.com/Herzog-LH-White-Riesling-bs.jpg>

GOES GREAT WITH HEIMISHE CHALLAH WHITEFISH GEFILE FISH CHUMMUS TOMATO
DIP CHREIN (FLAUMS 3X)

HERE COMES THE FIRST LICHAIM NOOCH DEE FSH

<http://amuddledthought.com/wp-content/uploads/2009/11/WRMC-Seasoned-Oak-bottle-shot.jpg>

AND NOW WE NEEDED A LCHAI BEFORE THE SOUP

(YOU SEE WE ARE VERY MACHMIR)

http://www.sunsdutyfree.com/images/whisky/malt/glenfiddich_18years_gr.jpg

AFTER THE SOUP I JUST MADE A LCHAIM

GLENLIVET NADURRAH

<http://www.drinkhacker.com/wp-content/uploads/2009/10/glenlivet-nadurra-triumph-1991.jpg>

AND AT 8:30

FOR THE WORLDWIDE LCHAIM

IT WAS BACK TO WOODFORD

AFTER THE SEUDAH

I HAD THE NEW

"SHMEEL ADAMS"

SAM ADAMS NOBLE PILS

VERY CUTE BUT I MISS THE WINTER BREW ALREDY

<http://www.samueladams.com/Promotions/Beerloverschoice2009/images/6pk.gif>

SHABBOS MORNING

2 COFFEES REGULAR SHTEEBLE TYPE TASTERS CHOICE

MACHMIRIM MILK

KLI SHAYNI ETC..

SHABBOS KIDDUSH

IT WAS AN ITALIAN WINE

SORRY RAGE I FORGOT THE NAME

THE SHMALTS HERRING WAS CALLING ME

SEUDAH

BLUE LABLE

<http://www.randawa.org/scotch/wp-content/uploads/2008/11/bluelabel.jpg>

SHALASHUDIS

A TINY BIT OF GLENLIVET

MOTZEI SHABBOS

<http://funcfash.com/wp-content/uploads/2009/08/the-pepto-family.jpg>

=====

Re: Tryin'

Posted by connected - 03 Aug 2023 17:34

[Shteeble wrote on 03 Aug 2023 17:20:](#)

[bardichev wrote on 24 Jan 2010 19:48:](#)

MOTZEI SHABBOS

The Melava Malka menu hits the right spot.

=====

Re: Tryin'

Posted by chaimoigen - 04 Aug 2023 17:33

[cordnoy wrote on 03 Aug 2023 16:49:](#)

Regardin' lust, sex and marriage

[bardichev wrote on 03 Nov 2010 21:02:](#)

[dov wrote on 03 Nov 2010 20:50:](#)

OK, not to criticize, just to observe, here is another little (huge) difference between SA recovery and the fellowship known as GYE:

If I went on and on about sex with my sponsor or group like this, I'd be called on it. Because my problem is, at it's root, lust. Not sex, but lust. And not even lust *for* sex....my problem is just, plain, **lust**.

Sure we all have needs and we even have desires that are kosher to pursue. As the AA old-timers used to say, "This is a selfish program."

And they also say, "First things first," meaning: prioritize in a meaningful way.

So of my various and many needs and desires (I got a list, man), the one that I choose to spend the most time and attention on is: being useful. Studying and acting on exactly how I can best do that for each of the people I live with is my first job, today. I just cannot afford the luxury of *trachten* for days on end over my needs. I am **not** saying it is a bad thing at all, I am just saying that for me it is poison...and stupid. I see it like gambling: even in the situations when it is actually is *mutar*, one who does it for his *parnossah* is *posul l'eidus* because he is not *oseik betikuno shel Olam*. Any self-directed obsession - no matter how worthy - is shtuyot, for me. It poisons my life.

So, though this is a *great* thread, I maintain what I spewed earlier: This issue is not a lust problem, but a *marriage* problem. A husband or wife who do not consider pleasing their spouse a priority for them in this life, has a problem. The marriage has a vacuum in it somewhere.

And it needs to be faced squarely and painfully, not *obsessed* over.

BINGO!!!!!!

they don't quote him evryday for nuffin

great post rebberebber=dov

Is the idea that anything that focused on pleasure of **self** is essentially lust, regardless of it's for lust for sex, a hankering for Woodford, or just wantin' to be able to focus on doin' the Times crossword puzzle without being bothered?

=====

=====

Re: Tryin'

Posted by yitzchokm - 04 Aug 2023 17:48

Self-care is important. Being self-centered or overindulgent or satisfying physical needs at the wrong time or in the wrong way are self-destruction.

=====

=====

Re: Tryin'

Posted by Shmuel - 04 Aug 2023 19:00

[chaimoigen wrote on 04 Aug 2023 17:33:](#)

[cordnoy wrote on 03 Aug 2023 16:49:](#)

Regardin' lust, sex and marriage

[bardichev wrote on 03 Nov 2010 21:02:](#)

[dov wrote on 03 Nov 2010 20:50:](#)

OK, not to criticize, just to observe, here is another little (huge) difference between SA recovery and the fellowship known as GYE:

If I went on and on about sex with my sponsor or group like this, I'd be called on it. Because my problem is, at it's root, lust. Not sex, but lust. And not even lust *for* sex....my problem is just, plain, **lust**.

Sure we all have needs and we even have desires that are kosher to pursue. As the AA old-timers used to say, "This is a selfish program."

And they also say, "First things first," meaning: prioritize in a meaningful way.

So of my various and many needs and desires (I got a list, man), the one that I choose to spend the most time and attention on is: being useful. Studying and acting on exactly how I can best do that for each of the people I live with is my first job, today. I just cannot afford the luxury of *trachten* for days on end over my needs. I am **not** saying it is a bad thing at all, I am just saying that for me it is poison...and stupid. I see it like gambling: even in the situations when it is actually is *mutar*, one who does it for his *parnossah* is *posul l'eidus* because he is not *oseik betikuno shel Olam*. Any self-directed obsession - no matter how worthy - is *shtuyot*, for me. It poisons my life.

So, though this is a *great* thread, I maintain what I spewed earlier: This issue is not a lust problem, but a *marriage* problem. A husband or wife who do not consider pleasing their spouse a priority for them in this life, has a problem. The marriage has a vacuum in it somewhere.

And it needs to be faced squarely and painfully, not *obsessed* over.

BINGO!!!!!!

they don't quote him evryday for nuffin

great post rebberebber=dov

Is the idea that anything that focused on pleasure of **self** is essentially lust, regardless of it's for lust for sex, a hankering for Woodford, or just wantin' to be able to focus on doin' the Times crossword puzzle without being bothered?

One way I know if it's Lust is if I'm using it to escape reality. So the same activity can sometimes be healthy and sometimes not...

=====

Re: Tryin'

Posted by cordnoy - 13 Aug 2023 04:13

[cordnoy wrote on 04 Jul 2014 07:38:](#)

There were two issues that were layin' heavily on my mind regardin' my last fall.

1. How could it take a mere few minutes of givin' in to lust to fall backwards in to the filth I was into from over 13 months beforehand (granted that there were another two falls in between)? Haven't I learned enough with therapist and SA group to be a bit smarter than that? Have I zero control? Ok...lust, but so low (and sorry that I'm not delineatin' here).

2. Why was I in such emotional pain this time? Why did it hurt so much? Last time (after 115 days of bein' clean), it was an enjoyable week with three falls? Why was this time (after 158 days) so short and nauseatin'?

After speakin' with an expert today, it seems that there is one answer to both. Yes, I am in recovery (I have not recovered - ain't that the truth?...I am in the recovery process), but recovery does not mean "free from lustin'." That can be an outcome if one is workin' the steps or whatever way he is recoverin', but the definition of recovery is not free of lust. Recoverin' means to understand and accept that I am an addict. It is the understandin' that I know and realize that this poison will make my life unmanageable (as it has in the past, and as it will do in the future). Recovery means the comin' to grips that the female body and sex in general is not to be worshipped and sought after, and if I can't have my fill then it affects my entire life. A woman on

the street is merely that...she is a woman on the street, and she has nothin' to do with me. Relations with my wife is not my business! if it happens, it happens. [We take this station break to point out and emphasize that I am nowhere near thinkin' like this all the time and not even most of the time, but sometimes....and I am comin' to terms that this is the way I should be thinkin'.]

Accordingly, when these realizations don't play a roll, and I succumb to my old style of thinkin', I am immediately transformed back into the crazy porn addict low life I always was and always will be (without recovery), and no action is deemed too low, for why should it be? Life is about indulgin' in pleasures and this right now is what excites me and turns me on. And my friends, there is a drawback (a minor one) of bein' somewhat in recovery. I have become sensitized to lust like I never was in my life. In my previous three decades, the lust was part of my life and enjoyment. I could "go" for five hours, three days, a week and a half until "givin' in (so to speak)," for there was no thought process behind the pleasure. But now, I know precisely what it is I am doin'. I am not livin' life; I am throwin' it away. This break aint no party; it is nauseatin' and bitter. Nobody stays overtime at a funeral. It ain't pretty and it's over as soon as it started.

I know that I have a certain style of writin' and perhaps here it may even come out that I know what I'm talkin' about. Fellows, I don't really. Some of what I wrote makes sense to me; some of it is bangin' around inside of me and it may have merit. Parts (that I made up) may even be shtussim gemmurim.

I write for myself and for whoever might get somethin' from it.

b'hatzlachah to all

Nice post, I must say.

Worth thinkin' about.

=====

Re: Tryin'

Posted by Captain - 13 Aug 2023 14:11

Took a look at the beginning of your thread. I thought I noticed a few letter g's there

=====

Re: Tryin'

Posted by chaimoigen - 13 Aug 2023 14:24

[cordnoy wrote on 13 Aug 2023 04:13:](#)

[cordnoy wrote on 04 Jul 2014 07:38:](#)

There were two issues that were layin' heavily on my mind regardin' my last fall.

1. How could it take a mere few minutes of givin' in to lust to fall backwards in to the filth I was into from over 13 months beforehand (granted that there were another two falls in between)? Haven't I learned enough with therapist and SA group to be a bit smarter than that? Have I zero control? Ok...lust, but so low (and sorry that I'm not delineatin' here).

2. Why was I in such emotional pain this time? Why did it hurt so much? Last time (after 115 days of bein' clean), it was an enjoyable week with three falls? Why was this time (after 158 days) so short and nauseatin'?

After speakin' with an expert today, it seems that there is one answer to both. Yes, I am in recovery (I have not recovered - ain't that the truth?...I am in the recovery process), but recovery does not mean "free from lustin'." That can be an outcome if one is workin' the steps or whatever way he is recoverin', but the definition of recovery is not free of lust. Recoverin' means to understand and accept that I am an addict. It is the understandin' that I know and realize that this poison will make my life unmanageable (as it has in the past, and as it will do in the future). Recovery means the comin' to grips that the female body and sex in general is not to be worshipped and sought after, and if I can't have my fill then it affects my entire life. A woman on the street is merely that...she is a woman on the street, and she has nothin' to do with me. Relations with my wife is not my business! if it happens, it happens. [We take this station break to point out and emphasize that I am nowhere near thinkin' like this all the time and not even most of the time, but sometimes....and I am comin' to terms that this is the way I should be thinkin'.]

Accordingly, when these realizations don't play a roll, and I succumb to my old style of thinkin', I am immediately transformed back into the crazy porn addict low life I always was and always will be (without recovery), and no action is deemed too low, for why should it be? Life is about indulgin' in pleasures and this right now is what excites me and turns me on. And my friends, there is a drawback (a minor one) of bein' somewhat in recovery. I have become sensitized to lust like I never was in my life. In my previous three decades, the lust was part of my life and enjoyment. I could "go" for five hours, three days, a week and a half until "givin' in (so to speak)," for there was no thought process behind the pleasure. But now, I know precisely what it is I am doin'. I am not livin' life; I am throwin' it away. This break aint no party; it is nauseatin' and bitter. Nobody stays overtime at a funeral. It ain't pretty and it's over as soon as it started.

I know that I have a certain style of writin' and perhaps here it may even come out that I know what I'm talkin' about. Fellows, I don't really. Some of what I wrote makes sense to me; some of it is bangin' around inside of me and it may have merit. Parts (that I made up) may even be shtussim gemmurim.

I write for myself and for whoever might get somethin' from it.

b'hatzlachah to all

Nice post, I must say.

Worth thinkin' about.

Read it a bunch of times. But it's easier to read than it is to apply in life, right? Lots here. Thank you, friend.

=====
=====