

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 lavi - 15 Sep 2014 08:26

[Pidaini wrote:](#)

Thank you cordnoy for sharing!

I have the feeling of not being able to share my feelings with anyone quite oft. The truth is, by me (and I don't mean anything here, just purely to share), that I could probably tell someone like my wife or some family member, it's just below my dignity to do so, they might look at me a little funny, not with the complete tolerance and acceptance of my GYE friends.

There I go again, ME.....

Yeah man, same here. i have not spoken to a soul about my struggle. People just won't take it the right way, and even if maybe they do, i don't trust 'em.

gye- Grants Your Emotions, a healthy release.

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Re: Tryin'

Posted by cordnoy - 15 Sep 2014 17:42

Football is a game played by men

Gotta run, hit da ground and get up again

Preparation durin' the week is a definite must

and so it is with recovery from lust.

Gotta shvitz, gotta train, muscles to build

Otherwise, you gonna get killed

Guys on the other side can be pretty tough

Scrownin' and growlin' their looks pretty gruff

If you ain't prepared and you're just skin and bone

Da coach (memories) will bench you - you'll be sittin' alone

you go on that field with a sly silly smile

Cornerback will kick you - for at least half a mile

And so it is when we wake up each morn

And that desire hits - I wanna watch porn

Are you prepared? Did you work on the steps?

Or were you preoccupied with women and sex?

The ultimate goal is to score a touchdown

But a cheerleader, a mascot or a silly clown

Won't get you those points if youre in the band

Playin' the game with the ball in your hand

Yippee I, yippee o; Go team go!

Silly jumpin' jacks - performin' a show

Makes you feel good - bit it takes no courage

Unless you join the big boys on the line of scrimmage.

It may be a sport, but it ain't for no patsies

No style points awarded - unlike the Grammys

All men are welcome to don the uniform and helmet

Work hard and get ready - you won't get the hatchet.

While the ultimate prize is one hundred yards

It's a large playin' field - must always be on guard

Can't do it all at once with a heave and a bomb

Do it methodically - must remain calm

Several yards at a time - over and over

Focused and vigilant - cant afford a turnover

Accumulate first downs - your opponent gets weary

Every ounce of confidence - it begins to get scary

Again and again - you knock him to the ~~grass~~ dirt

he's left starin' at the sky - ~~flat on his~~ bloodied & hurt

Not sure on the nimshal, but one thing's certainly known

To score points - you gotta get outta your comfort zone.

If you keep at what's easy - it'll be good for a while

But eventually you'll return to your old lifestyle

Try somethin' new - that you won't necessarily like

for otherwise, you will have that same old psych

Lust that's inside of us - it wants the big fix

"Connect with me; make me whole" - we were true addicts

Reality driven inward - the connection was magic

the remorse and emptiness - the cycle was tragic

End on a high note - the super bowl shuffle

One can get there - if his feathers he does ruffle

And yet, the focus gotta remain on the play that's ahead

and that decision is really a "life or death"

b'hatzlachah

Warning: Spoiler!

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Re: Tryin'
Posted by Gevura Shebyesod - 15 Sep 2014 18:03

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Re: Tryin'
Posted by cordnoy - 15 Sep 2014 18:30

too many "g"s in gevalidi'!

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Re: Tryin'

Posted by Gevura Shebyesod - 15 Sep 2014 18:37

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Re: Tryin'

Posted by cordnoy - 16 Sep 2014 04:23

Someone was tellin' me tonite that the yesod behind all of the tools....whitebook, reachin' out, SA, 12 steps is to obtain a higher degree of willpower greater than the will of actin' out. I'm not sure by all of them, but this is not the way I would summarize them. The steps, I believe, is precisely the opposite, or close to it. The surrender of my will and of my bein' to a Higher Power. This fellow is doin' very well with his beliefs, but I just didn't see it that way. He also went on that obtainin' this strong willpower is by connectin' to God.

b'hatzlachah

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Re: Tryin'

Posted by lavi - 16 Sep 2014 08:47

[cordnoy wrote:](#)

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b'hatzlachah

am with you.

i consider myself a strong-willed person (some call it stubborn!!!)

but after using all my willpower, i couldn't shake it off.

what's more, the actual realization of how powerless i trully am when i get hit, shows me the strength gotta come from somewhere else [latching onto power that isn't my own].

i seriously doubt if that fellow was addicted. maybe he was struggling with lust in a non addictive way.

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Re: Tryin'

Posted by Pidaini - 16 Sep 2014 15:40

[Gevura Shebyesod wrote:](#)

After reading those lines
of pure ingenious rhymes
my heart is brimming full
by knowing what is the goal

the talent included
not at all convoluted
the message is clear
for everyone to hear

Thank you so much
for giving such a special touch
to my experience on GYEee
and to the meaning of my journey

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Re: Tryin'
Posted by lavi - 16 Sep 2014 16:29

i guess poetry is in
as a way to beat sin
so please understand
i'm "tryin" my hand

gotta keep away, a MUST
from that slimy biting LUST
reminds me of a snake
my soul he wanna take

i run away, yes siree
despite my famous karate
no fight is left in me
i head straight for G.Y.E

there i got my good friends
we tie up the loose ends
posting day and night
learning wrong from right

Thank Hashem for this place
it really saves my face
and thank all you readers
the newies and the leaders

have to run, gotta go
life is like a yo-yo
beg you all, pray 4 me

i love you all, lavi

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Re: Tryin'

Posted by Gevura Shebyesod - 16 Sep 2014 17:48

I don't have much time

To respond to you in rhyme

So just a Haiku

Thank you one and all

Keeping us away from falls

And for Chizuk too

May you all be blessed

A new year full of the best

this whole holy crew

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Re: Tryin'

Posted by skeptical - 16 Sep 2014 19:54

Roses are red

Violets are blue

I stink at poetry

Unlike the rest of you.

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Re: Tryin'

Posted by Shmeichel - 16 Sep 2014 20:41

i can just pick a boo

and shmeichel back to you

although i came from the zoo

but now with friends like you

who helped me all the way through

all i can say is thank you

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Re: Tryin'

Posted by unanumun - 16 Sep 2014 21:49

The peer pressure is there

to make up a rhyme.

though for me it is quite rare

to put in the time.

but how can i be quiet

and stand on the side?

i guess i must try it

and not just go hide.

Guard Your Eyes has for me

opened up a new world

i have grown like a tree

since i joined the fold

there are so many as I

that have gone to the slums

but now we don't ask why

we just deal with what comes.

we look forward to the day

in the near future, we pray

that we can honestly trust

that we have won over lust

So i want to wish all my new pals

before i shall tear

to be finished with gals

and have a healthy new year.

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Re: Tryin'

Posted by cordnoy - 19 Sep 2014 17:23

Lately, the topic has been about composin' a rhyme

but I'd like to switch to the 12 steps - one day at a time

ok....forget that (the rhymin' that is)

A new book is bein' published, and we have gotten hold of the rough draft of it.

from Rabbi tannenbaum.

firstly, he discusses the necessity and the purpose behind the 12 steps.

That is crucial stuff!

but then, he gets into the main topic: Are the steps against the Torah? Are they sourced in other religions? Are we veerin' from our tradition?

Here is the openin' question:

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.

In this step, the Jew is asked to admit that he cannot stop his addiction on his own, and that his life has now become unmanageable as a result.

Certainly, admitting to one's self a fault or shortcoming does not need a source. The idea of admitting that his shortcoming has caused his life to become chaotic also does not need a source.

The question that people ask on this step lies in the word "powerless". This word seems to imply that the alcoholic or addicted Jew does not have free will to stop their maladaptive behavior-here, the Jewish AA critics scream "but this cannot be because Hashem gives every Jew free will, and the Ramban teaches that God does not give any Jew a test that he cannot pass!? Surely, then, Jewish addicted people can stop drinking or drugging at any time, and step one of AA is against the Torah?!"

By adding an exclamation mark and question mark at the end of the previous sentence, I

attempted to convey to you the excitement and bewilderment that the AA critics usually show on their facial expressions when asking this question.

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