

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 MendelZ - 01 Aug 2013 01:28

[cordnoy wrote:](#)

so He is with me, for He is everywhere?

He is with me, for I can talk to Him?

He is with me in the addiction, for He cares about me?

sorry that im a bit slow, and definitely not as connected as you are.

Yes. The One Above is all of the above.

"With me" sounds like He bichvodo u'vatzmo was there in a spacial sense in the bathroom when I last wanted to feel good. Or, with you in parking lot number 4. (I doubt this is the forum for discussing tzimtzum and the various ways of understanding ??? ?? ????? ?????? - maybe in the GYE Beis Medrash there's a thread on it already?)

Instead, let's say Hashem is available to me at all times. I am constantly in a relationship with Him, whether I feel "connected" or not. (Don't give that word too much meaning. You are always connected to Him.) He is always there to draw strength from, to enlist into your fight. He expects us to conscript Him into battle, so to speak. He is much more than that, obviously, but at the very least I need to see Him as the One I can speak to and call on at every moment of my life.

In the context of "where was He then?", I would say G-d helps those who help themselves. If we help ourselves by calling on Him, He will help. Not always in the most apparent way, but He will answer us somehow.

It seems to me that if He wasn't with me, then where could He have been?

If He isn't with me now, where then is He?

Letting him in, as the Kotzker said, is like being powerless, no?

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Re: tryin

Posted by cordnoy - 01 Aug 2013 04:31

thank you

I know I am powerless without Him

I know He is everywhere

My innerself is always interested in what He wants

I just don't hear Him tellin me to stay clean

Perhaps He is and my ears are stuffed

Either way, onward is the name of the game

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Re: tryin

Posted by cordnoy - 04 Aug 2013 12:27

been davening better the last several days

shiva shavuos gotta count for something!!!!

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Re: tryin

Posted by Dr.Watson - 04 Aug 2013 13:41

[cordnoy wrote:](#)

been davening better the last several days

shiva shavuos gotta count for something!!!!

Amazing!!!

Kol hakovod!

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Re: tryin

Posted by cordnoy - 04 Aug 2013 20:08

doc,

your posts and others give me tremendous chizuk

for some reason, my struggle now is not as tough as it was before, and not as fierce as you and some of the others are relating.

I don't know what remedies are

I do know that telling therapist (two of 'em) all, and I mean all....must help for something

b'hatzlachah

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Re: tryin

Posted by MendelZ - 05 Aug 2013 00:07

for some reason, my struggle now is not as tough as it was before, and not as fierce as you and some of the others are relating.

BARUCH HASHEM!!! Thrilled to hear that. As obvious as this is, i find it helpful to always remember not to become complacent. Some ppl never have an issue with that; they are so

scared stiff that they always know how close they are to sliding back into old patterns. But, for me, when I find myself not struggling so much, I make a big point, bs"d, of refocusing on humility and gratitude that things have gotten easier. Its a huge beracha that we must never forget to be thankful for.

I know this isn't a chidush to you. Just saying what helps for me.

KTTR (Keep that tank rolling) and KOKO (Keep on keepin' on)!!!

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Re: tryin

Posted by cordnoy - 05 Aug 2013 00:29

thank you mendel

how well I know

my two issues are forefront in my brain

issue with wife, I must tread carefully at every moment and turn

she is under tons of stress, and I cannot afford to make a wrong move (for her sake, not for mine).

Tayvos...I cannot afford to let that happen...stakes are too high...life is too precious....I have not been in control of my life ever! I cannot leave go of the reins!

thank you, and please....keep remindin me

b'hatzlachah

Avrom

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Re: tryin

Posted by cordnoy - 08 Aug 2013 17:27

status.... goin' strong

no problems at all b"H

keep on tankin along

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Re: tryin

Posted by cordnoy - 12 Aug 2013 06:48

remember that quote (possibly from zemiros, or Hashem's soldier):

[b] YOU'RE ONLY AS CLEAN AS YOUR WEAKEST DAY [b]

(or something like that).

Gotta always be on guard!

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Re: tryin

Posted by cordnoy - 20 Aug 2013 19:19

life's good!

had a slightly stressed morning

mentioned to a chaver here that in da past, I would revert to other stuff

had somewhat of a desire to do that again today

didn't

I wish I would know why I didn't

cant put my finger on it

main thing is that I didn't, but it sure would help (me and others perhaps) if I knew why.

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Re: tryin

Posted by skeptical - 20 Aug 2013 19:53

Perhaps it's because you have a different, more mature attitude now.

Keep growing!

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Re: tryin

Posted by cordnoy - 20 Aug 2013 20:06

you might be right

just cant pinpoint the steps

thank you

b'hatzlachah

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Re: tryin

Posted by tryingtoshteig - 20 Aug 2013 20:15

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Re: tryin

Posted by cordnoy - 20 Aug 2013 20:20

why da "60's"?

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