

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 Gevura Shebyesod - 03 Dec 2014 01:01

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Yeah you did...

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Re: Tryin'

Posted by cordnoy - 03 Dec 2014 06:21

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and we love it!

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Re: Tryin'

Posted by cordnoy - 04 Dec 2014 14:02

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There are so many nooks and crannies in these neighborhoods.

Most of them - with coffee...thank God!

Ya' meet all types of people from many different backgrounds.

All with the stated desire to recover and to live a life of sobriety.

Ringin' in the streets of Geulah and Me'ah She-orim; from every store, every car, every passer-by....."Ani omeid, Ani omeid, Ani omeid."

b'hatzlachah to all.

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Re: Tryin'

Posted by cordnoy - 08 Dec 2014 15:47

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From the second step:

When we were new in the program, many of us were puzzled by this step's implication that we had been insane. From acknowledging our powerlessness to admitting our "insanity" seemed an awfully large leap. However, after being around the program for a while, we began to understand what this step was really about. We read the Basic Text and found that our insanity was defined there as "repeating the same mistakes and expecting different results." We could certainly relate to that! After all, how many times had we tried to get away with something we had never gotten away with before, each time telling ourselves, "It will be different this time." Now, that's insane! As we live the principles of this step for many years, we discover how deep our insanity actually runs; we often find that the Basic Text definition just scratches the surface.

When we are an 'itim cholim, itim shoteh,' who is givin' us advice?

Who is the one drivin' the truck?

Can we trust ourselves?

I don't know about you, but I certainly can't!

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Re: Tryin'

Posted by cordnoy - 18 Dec 2014 01:53

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[No Comment Necessary](#)

The above is a link.

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Re: Tryin'

Posted by cordnoy - 21 Dec 2014 17:14

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Interestin' thought on Shabbos.

During R"C bentchin' I closed my eyes and tried to concentrate on one thing that I wanted to ask For; I began the ask, and I said to myself: Am I really connected? Does He really have any intention of answerin' me? Why should He? And I thought right then of Belmont's words (perhaps it was in a pm or email), where he said: "You (Cords) don't have difficulty in believin' in God (and hashgachah pratis); you have difficulty believin' in yourself."

Somethin' to think about....

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Re: Tryin'

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Posted by Shmeichel - 22 Dec 2014 00:53

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hittin de nail on de head

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Re: Tryin'

Posted by cordnoy - 22 Dec 2014 08:41

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As we wish a refuah shleimah b'karov to one of our dear chavieirim on GYE, I couldn't think of a more befittin' post, from a fellow who bleeds GYE:

[ZemirosShabbos wrote:](#)

there is a Chasidishe story about a fellow who was traveling and in an inn along the way a tremendous nisayon presented itself, similar to the nisayon of yosef hatzadik. he started weighing his options, being seriously tempted to just give in and do the deed.

Saying to himself "how will i be able to face the RBSO after doing something like this?" he thought, forget it, i will give up on Yiddshkeit r'l.

Then he thought "what will i say to the Rebbe when i come to him after doing something like this?", so he said to himself, "forget the Rebbe, i won't go to him...".

"What about my wife and kids? how will i face them?", so he said to himself, "i will run away from them as well."

Then he though to himself "How will i face my good friends and buddies?....."

He jumped out of the window and ran.

When he got to the Rebbe later, the Rebbe told him "Friends can do what a Rebbe and a family cannot do...."

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Re: Tryin'

Posted by Shmeichel - 22 Dec 2014 14:51

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see? thats the power of GYE!

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Re: Tryin'

Posted by gibbor120 - 22 Dec 2014 23:08

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Thanks Cords, you have a knack for digging up old gems!

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Re: Tryin'

Posted by cordnoy - 23 Dec 2014 00:02

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Pleasure.

Hence, the signature: O Fishel Thread Bumper

(TTG means: Thanks To Gevurah - it's his name)

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Re: Tryin'

Posted by cordnoy - 23 Dec 2014 03:46

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I wrote today:

At any time in my history (spannin' several decades) - if anyone would've asked me: Does God care about what you're doin' (actin' out, other relationships, clubs, movies, etc), I would have answered: Yes, He does, and I still would answer that.

But.....

If one would ask me now, "Does God care that you are in recovery?" I am not so sure of the answer.

Why would that be?

Now, I have, I think, the beginnin' of the answer, but not completely.

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Re: Tryin'

Posted by serenity - 23 Dec 2014 10:25

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I guess I would have answered the same as you at most times in my life, that yes I believed God cared when I acted out (in similar ways to yours). The exceptions to this belief would have been when I was a young teen and just becoming frum. I was only thinking in asay tov and wasn't really thinking about what God was thinking about the negative stuff. And more recently, I numbed myself for a time (or at least tied to) so that I stopped thinking about God for awhile. In both those exceptions, guilt was either not present or numbed. As for now, if I didn't think God cared about my recovery (and I'm not sure I think that way), I would say the difference is, my belief that He cared about my acting was founded in guilt and not in emunah. Now that I am in recovery, I don't have guilt driving my emunah and I may not think God cares about it. I do think that over all I still am fairly numb to God, at least to the God I was taught about in Yeshiva. Though, the more I am in recovery the more open to Hashem I become.

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Re: Tryin'

Posted by cordnoy - 24 Dec 2014 08:11

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The question I asked my therapist today:

Seemingly, there is a distinction between a sex/lust addict and a predator. The addict is interested solely in indulgin' himself with all types of 'so-called' pleasures, but he stops short of preyin' on others. [Why that is, and how one could accomplish that? I'm not one hundred percent sure, but it seems to be true.]

Accordin'ly, let us go back to the age-old discussion of objectifyin' the objects of our desire. It is somethin' I never quite understood, and when it was explained to me, I usually disagreed. The theory seemed to be that lookin' at women, starin' at them, fantisizin' about them, etc. is somewhat similar to invadin' their privacy; we are stealin' from them perhaps; we are degradin' them in some manner or fashion. Now, puttin' aside the factor that I disagree with this line of thinkin' - if it is true, aren't we then involved and practicin' a predatory action? We are indeed molestin' them - in this type of manner. If so, the first kasha becomes stronger; what is the difference between a lust addict and a person who takes advantage of others - which will eventually lead to abuse and molestation?

And I was/is/am the guy who told/tells people to stop the hell thinkin'!

Oh well....

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