

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 - 15 Jan 2015 02:40

I don't have time to elaborate on this, but I find this graph/chart to be very enlightenin' in the explanation of our struggles....certainly in the initial stages. What do you think?

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Re: Tryin'

Posted by cordnoy - 15 Jan 2015 02:41

And a brief explanation:

Stage 1 – Loss to Safety

In Stage 1 you admit to yourself that regardless of whether or not you perceive the change to be good or 'bad" there will be a sense of loss of what "was."

Stage 2 – Doubt to Reality

In this stage, you doubt the facts, doubt your doubts and struggle to find information about the change that you believe is valid. Resentment, skepticism and blame cloud your thinking.

Stage 3 – Discomfort to Motivation

You will recognize Stage 3 by the discomfort it brings. The change and all it means has now become clear and starts to settle in. Frustration and lethargy rule until possibility takes over.

The Danger Zone

The Danger Zone represents the pivotal place where you make the choice either to move on to Stage 4 and discover the possibilities the change has presented or to choose fear and return to Stage 1.

Stage 4 – Discovery to Perspective

Stage 4 represents the "light at the end of the tunnel." Perspective, anticipation, and a willingness to make decisions give a new sense of control and hope. You are optimistic about a good outcome because you have choices.

Stage 5 - Understanding

In Stage 5, you understand the change and are more confident, think pragmatically, and your behavior is much more productive. Good thing.

Stage 6 - Integration

By this time, you have regained your ability and willingness to be flexible. You have insight into the ramifications, consequences and rewards of the change -- past, present, and future.

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Re: Tryin'

Posted by cordnoy - 15 Jan 2015 19:12

so I still wanna elaborate on that change thing, but life moves on (always changin'), so I wrote an email to a dear chaver today:

and after I davened that God is in control and not me (which by the way, I have done in every tefillah this week....basically the same nusach), and after I said basic third step prayer, and after I specified people in my tefillah (such as you, ploni, almoni, my wife, two of my daughters, two of my sons, my parents, in-laws, family and friends), I did somethin' that I haven't done in a long time - I slipped my name into it as well.

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Re: Tryin'

Posted by Gevura Shebyesod - 20 Jan 2015 09:20

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Re: Tryin'

Posted by cordnoy - 21 Jan 2015 23:55

And now I can tell you thanks.

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Re: Tryin'

Posted by cordnoy - 22 Jan 2015 19:46

I noticed that I am not lookin' thru women any longer.

To be clearer: In the past, I would look and then my mind would begin to wander and that would cause fantasy. I still look (at times), but that is where it stops.

Interestin'....

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Re: Tryin'

Posted by ddmm11219 - 22 Jan 2015 20:34

lucky u

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Re: Tryin'

Posted by cordnoy - 26 Jan 2015 17:17

So, we made it!

As we were pullin' into the driveway, I said "Baruch Hashem."

Wife agreed.

Then I added, "I could not have done it without Him."

Wife thought I said "her," so she asked, "What did I do?"

I eventually answered that with some compliments towards her, but first I said, "I said that I could not have done it without **Him**."

Wife understood, and was kinda impressed, for that is not my usual shprach (she hasn't been listenin' to my Shemoneh Esrei's lately).

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Re: Tryin'

Posted by cordnoy - 27 Jan 2015 00:54

Perhaps someone can explain to me the third step prayer: thanks

God, I offer myself to Thee-

To build with me

and to do with me as Thou wilt.

Relieve me of the bondage of self,

that I may better do Thy will.

Take away my difficulties,

that victory over them may bear witness

to those I would help of Thy Power,

Thy Love, and Thy Way of life.

May I do Thy will always!

What am I offering to Him?

What is He building?

Is the "relieving of bondage of self" meaning that I am not in control?

When He takes away my difficulties, is the purpose that I should spread the Word of God?

One general question: It says that step 3 is action, and also that it is thought?

Which is it, and what is the "action" they are referring to?

Living life knowing this fact?

thank you

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Re: Tryin'

Posted by Watson - 27 Jan 2015 01:29

I'm not an expert but I think:

[cordnoy wrote:](#)

What am I offering to Him?

Yourself.

[cordnoy wrote:](#)

What is He building?

What He wills.

[cordnoy wrote:](#)

Is the "relieving of bondage of self" meaning that I am not in control?

It means surrendering your own way.

[cordnoy wrote:](#)

When He takes away my difficulties, is the purpose that I should spread the Word of God?

'Bear witness' is not the same as 'spread the word'

[cordnoy wrote:](#)

One general question: It says that step 3 is action, and also that it is thought?

where does it say these things?

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Re: Tryin'

Posted by cordnoy - 27 Jan 2015 08:57

thanks for your responses.

either in the white book or in the step into action book; I will look bli neder tomorrow.

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Re: Tryin'

Posted by cordnoy - 27 Jan 2015 19:15

A response sent to me via email:

What am I offering to Him?

I try to imaging myself offering my will to him. It sometimes seems vague to me, but especially in regards to this disease I surrender to the idea that acting out is against his will for me even if in my mind I can make it seem OK.

What is He building?

Is the "relieving of bondage of self" meaning that I am not in control?

To me this line has always resonated because it brings to mind the burdens, troubles and heaviness of mind that resulted from my self-seeking. In other words, trying to satisfy the cravings and insecurities through acting out was a type of bondage that I definitely want to be released from.

When He takes away my difficulties, is the purpose that I should spread the Word of God?

Within the context of the program, I see this as being willing to work step 12 when it is time.

One general question: It says that step 3 is action, and also that it is thought?

Which is it, and what is the "action" they are referring to?

I presume the act of saying the prayer, but I am sure there are deeper things to ponder here.

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Re: Tryin'

Posted by gibbor120 - 27 Jan 2015 20:29

[cordnoy wrote:](#)

Perhaps someone can explain to me the third step prayer: thanks
I'll take a crack at it as I understand it.

[cordnoy wrote:](#)

God, I offer myself to Thee-

To build with me

and to do with me as Thou wilt.

I offer myself to you, to use me as you wish, to do your will. Meaning, I offer myself to you as a tool in your hand for your will to be done. (think maariv on yom kippur, the piyut about how we are like glass in the hands of the glassblower etc...)

[cordnoy wrote:](#)

Relieve me of the bondage of self,

that I may better do Thy will.

Release me from my selfish wishes, so I can do your will instead of mine. My selfishness is the obstacle which prevents me from acting as your tool (and instead doing what I want).

[cordnoy wrote:](#)

Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
help me overcome nisyonos, for that brings kiddush hashem. "to those I would help" is I guess
those who would be helped by my victory/kiddush hashem. (this part is the least clear to me)

[cordnoy wrote:](#)

May I do Thy will always!
self-explanatory

I'm not sure if I helped or cleared anything up, but that is my take.

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Re: Tryin'
Posted by cordnoy - 28 Jan 2015 23:38

Warning: Spoiler!

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