

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 jeff hannaman - 22 Mar 2015 14:28

Sorry, i didnt quite get what you mean?

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Re: Tryin'

Posted by cordnoy - 22 Mar 2015 14:36

[jeff hannaman wrote:](#)

Sorry, i didnt quite get what you mean?

are you referrin' to my last post on this thread, or to a post of yours on a different thread?

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Re: Tryin'
Posted by jeff hannaman - 22 Mar 2015 15:11

First i would like to thank everyone for responding so quickly, responses with understanding and care . I apologize for underestimating the people at gye, i feel I'm in hell and i need to express my feelings through the addict mind. True i am an addict so i wouldn't know if my thinking, in this area, is objective. Anyway i went through a terrible fall last night. Again. This time i fell in a deep depression. I didn't get out of bed until 12:30 in the afternoon. That hasn't happened in a long time. I see no light at the end of the tunnel. People express to me how much im loved yet o hate myself. I don't believe them

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Re: Tryin'
Posted by cordnoy - 22 Mar 2015 16:01

Who don't you believe?

I will leave it to others to say how much God loves you.

My question would be about you.

whatever it is that you did/do, and for how long, what is it that you have tried in the past to help you recover?

Are you in fact powerless over this disease?

You might not be; i don't know.

I know I am.

If you are, we can continue.

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Re: Tryin'

Posted by Dov - 24 Mar 2015 01:47

Jeff, I guess the first question about you and love might be this:

Do you really believe that *anyone* who really knew you, where you've been, all about you and what you do and how you really feel inside, could *ever* really love you?

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Re: Tryin'

Posted by cordnoy - 26 Mar 2015 13:37

strugglin', but here.

best place to be.

b'hatzlachah

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Re: Tryin'

Posted by Dov - 26 Mar 2015 19:09

[Dov wrote:](#)

Jeff, I guess the first question about you and love might be this:

Do you really believe that *anyone* who really knew you, where you've been, all about you and what you do and how you really feel inside, could *ever* really love you?

That was not 'answering with a question'. If you answer that question honestly and clearly, it will lead you straight to the relevant answer to your own question. I don't play with people here, don't worry.

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Re: Tryin'
Posted by cordnoy - 01 Apr 2015 01:13

I would like to nominate this line by our dear chap 9494 as the best line of the week, perhaps even year:

[Group 113,062,587](#)

Agree?

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Re: Tryin'
Posted by serenity - 01 Apr 2015 01:24

Second

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Re: Tryin'
Posted by cordnoy - 01 Apr 2015 03:36

I do not hold with those who believe that alcoholism is entirely a problem of mental control. I have had many men who had, for example, worked a period of months on some problem or business deal which was to be settled on a certain date, favorably to them. They took a drink a day or so prior to the date, and then the phenomenon of craving at once became paramount to all other interests so that the important appointment was not met. These men were not drinking to escape; they were drinking to overcome a craving beyond their mental control.

We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

SA book

The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, for the sexaholic, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

many of us see that regardless of how, why, or when it began, there came a time when we were not only aware of the power this thing held over us, but that we were acting against our will. Only when we tried stopping did we see that we were captive to a force stronger than we, at the mercy of a power greater than ourselves.

step into action

if we permit a lust thought to remain in our heads without dealing with it immediately, we begin physical, mental, spiritual, emotional, and neurological changes within us.

ques # 9

was the anticipation or the pursuit more important than the relationship?

last week's recovery is about as useful as last week's shower (if you took one).

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Re: Tryin'
Posted by cordnoy - 13 Apr 2015 02:42

A very smart and astute woman once wrote this about men:

My whole life I've put men into two categories - those I think can unblock the sink, figure out where that loose wire ought to fit, pick up their own socks etc - and therefore exist,

and those that can't even figure out that dirty cups belong in that blocked sink.... and therefore don't exist...

Category one is a veeeeeeeeerrrrrrrrrry lonely place!

Personally, I think there is a reverse mentality regardin' the way men, especially men like me, view women.....the problem I'm havin' is I cannot seem to figure out what category two should be.

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Re: Tryin'
Posted by cordnoy - 23 Apr 2015 02:24

From the Big Book....step 9:

"No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves".

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Re: Tryin'
Posted by serenity - 23 Apr 2015 02:58

Amein

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Re: Tryin'
Posted by cordnoy - 27 Apr 2015 14:19

there are many outlets for sharin', and I have been takin' advantage of them.

I reach out when trouble is brewin', and lately, I have been reachin' out a lot.

Those who know me know that i am open and honest (even when crackin' my filter).

I might be on a better patch today, but I have fallen hard!

And as Cordnoy (and plenty others of who i learned it from would say): so, what da hell are you gonna be doin' different now?

b'hatzlachah and thanks

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