

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

C

=====

Re: Tryin'

Posted by unanumun - 05 May 2015 16:07

[cordnoy wrote:](#)

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, id still fall. Perhaps it still is the reason, but marriage stuff is probably not getting 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

C

fung un fun unfung!!!!!!

Warning: Spoiler!

=====

Re: Tryin'
Posted by cordnoy - 06 May 2015 10:08

thank you

=====

=====

Re: Tryin'

Posted by cordnoy - 06 May 2015 12:09

DAILY RENEWAL QUESTIONS

1) Are you willing to admit you are powerless over lust and sexual acting out, just for today?

2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?

3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic?

4) Just for today, do we commit to God and this group that we do not have to have sex with ourselves or anyone else (except a spouse) no matter what, realizing that at the end of this 24 hours we are free to continue with sobriety or go another way?

5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?

6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past?

7) Have you done anything in the last 24 hours that you're ashamed of?

8. Are we aware of anything in our plans for the next 24 hours of which we might become ashamed? Any danger zones, slippery spots on the horizon, or hidden bottles we should bring to the light?

=====

Re: Tryin'

Posted by serenity - 06 May 2015 12:58

DAILY RENEWAL QUESTIONS

1) Are you willing to admit you are powerless over lust and sexual acting out, just for today? Yes

2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation? Yes

3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic? Yes

4) Just for today, do we commit to God and this group that we do not have to have sex with ourselves or anyone else (except a spouse) no matter what, realizing that at the end of this 24 hours we are free to continue with sobriety or go another way? Yes

5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others? Yes

6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past? Yes

7) Have you done anything in the last 24 hours that you're ashamed of? Yes

8. Are we aware of anything in our plans for the next 24 hours of which we might become ashamed? Any danger zones, slippery spots on the horizon, or hidden bottles we should bring to the light? No

=====

Re: Tryin'

Posted by cordnoy - 06 May 2015 15:30

I wouldn't have the same answers.

b'hatzlachah

=====

Re: Tryin'

Posted by yiraishamaim - 06 May 2015 16:25

serenity -when you make lists like you just did it clearly displays not only the serious attitude you have towards your sobriety but always your clarity of understanding.

You asked me last evening how I made 180 days. The answer is I decided to follow the ideas I saw on the forum.

I heard of not fighting the desire yourself straight on but rather connecting to Hashem and having him take over. I have done serious connecting to G-d in that way. Rarely do I daven shmone esrei without this idea being foremost in my consciousness.

I am on the forum as much as I can and I am motivated by all that I read both the rookies and the veterans.

I have made major adjustments to my viewing on line to minimize any any triggers.

In truth it is a miracle. A matnos chinum. I am truly fortunate.

Thanks for the interest.

=====

Re: Tryin'

Posted by yiraishamaim - 06 May 2015 16:28

I felt I should try it that way first.

However if it would not work out I certainly would go for more serious intervention as you, cordnoy and others are doing.

=====

Re: Tryin'

Posted by cordnoy - 13 May 2015 16:09

Some guy sent me this in an email this mornin'

When the tayvah comes a brewin'

And the desires begin to stirrin'

Need a checklist of actions to do some churnin'

To get rid of this fire that's burnin'

First things first, say it out loud

Scream it from the rooftops; it's not the time to be proud (hear that fellows)

Verbalize to God that I know I aint in control

And then perhaps, take a five minute stroll (in a safe place)

Time to reassess where it is I am holdin'

Go back to Step 1 - to which we are beholden

Make sure I accept that I will always have this struggle

And that's ok... livin' life on a bubble

No; I will not be one who in life is white-knucklin'

For one can get bogged down if he is constantly strugglin'

Review those tools and make sure they penetrate

to go on livin' life in a true happy state

Nothin' to be gained by lettin' in da little sneak

He will never be satisfied with just one click or quick peek

So throw him da hell out! Let him prow! on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that is fit

Not the one ha has in mind, for that's a bunch of ***!

[Wonder which idiot wrote that!]

=====

Re: Tryin'

Posted by stillgoing - 13 May 2015 16:55

[The original brewin' tayvah poem](#)

[For the fuller edition of the great cordnoys poems click here](#)

=====

Re: Tryin'

Posted by cordnoy - 17 May 2015 17:58

Somethin' I saw regardin' step 3:

And just a small illustration of what 'turning your will and life over to G-d' actually means:

A guy was on a flight back home from a trip. The weather was very stormy and the flight was full of Turbulence. It got very scary many times throughout the flight, even for him - as an adult.

But he noticed in the isle next to him, a 4 year old sitting there very calmly, not a bit afraid. So he asks him how come he is so relaxed. "Aren't you afraid?", he asks the boy.

The 4 year old Boy says with a smile on his face, "NO! NOT AT ALL!"

"How's that?" asks the Guy.

The boy turns to him and says, "THE PILOT IS MY FATHER! I KNOW HE WILL GET ME HOME SAFE!"

The pilot of this world, Hashem, is our Father! There's no need to worry about the turbulence that we all experience on our flight called "Life!"

He Will Get Us Home Safe!

=====

Re: Tryin'

Posted by Palti-Yossef - 17 May 2015 19:04

Thanks for this one.

=====

Re: Tryin'

Posted by serenity - 18 May 2015 00:54

Thank you for sharing that. I can relate to what you're saying. And my sobriety is a miracle as well.

=====

Re: Tryin'

Posted by cordnoy - 21 May 2015 12:40

I'm lookin' for TZ or Yankel.

I need that "one day" song.

White knucklin' is not the best, but it is imperative for me to get thru today.

Perhaps Gevurah or Zemmy or Skep have the song stored away someplace.

Thanks

=====

Re: Tryin'

Posted by Gevura Shebyesod - 21 May 2015 13:30

Here's the Maccabeats version.

=====