

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 cordnoy - 04 Jun 2015 16:54

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A good friend of ours is goin' thru some tough stuff today, and the future is uncertain.

Many fellows will suggest to say tehillim, or learn a bit more, or guard yourself even stronger as a zechus.

all that is good and productive, and may God help us all in those zechusim.

That is not my style though.

May i suggest that you take a moment today and simply live life the way we were s'posed to?

enjoy it!

If a test comes your way, laugh it off.

Tell da guy in your head that we are enjoyin' today and we cannot be bothered with that stuff.

Yes, i know that lookin' and clickin' and surfin' is a lot of fun and enjoyable; i am not talkin' about that kinda fun, for to many of you, you will feel rotten afterwards.

I am simply referencin' life.

And if you speak to God, tell Him that.

no pity today!

no sorrow!

no struggle!

no fightin'!

We are simply livin' with a smile.

and just perhaps someone else might smile because of you as well.

b'hatzlachah

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Re: Tryin'

Posted by pischoshelmachat - 04 Jun 2015 17:03

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I am crying tears for him. I hope all will be alright. I came close to ruining my life and losing my wife. I cry every day to Hashem to not test me. I cry to him that I am so afraid to lose my wife, my children because of this.

May HKBH help all of us.

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Re: Tryin'

Posted by cordnoy - 10 Jun 2015 20:45

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Why do therapists charge more if the couple (rather than an individual) shows up? Doesn't it make their job easier then?

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Re: Tryin'

Posted by Dov - 11 Jun 2015 18:30

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No, it's because they need to spend extra buying the vomit bag to use after the couple leaves...

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Re: Tryin'

Posted by hwhap@gmx.com - 11 Jun 2015 21:26

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I had some sessions like that. The therapist will speak to one patient as if the other one isn't there, back and forth. But there's a different kind where the couple talk to each other (facing each other) and practice their communication skills. I wonder if that's cheaper.

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Re: Tryin'

Posted by cordnoy - 16 Jun 2015 15:18

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Switchin' topics:

It has been discussed how tzitzis prevents one from sinnin'.

The pesukim and the Gemoras, etc.

Please pardon me for the followin', as it is not my usual shprach here:

bava basra: three things a person is not saved from every day; one is hirhur aveirah.

seems like there is a judgment on these.

How can there be a judgment, if he cannot be protected from them?

Maharsha: Adam/man cannot save himself, but a malach can.

How can one be like a malach?

Mitzvah of tzitzis.

Vihyisem kedoshim....Targum says to be like a malach.

Rememberin' all mitzvos is too much and gets watered down, but like a malach who cannot do two things, not because he can't, but rather, because he is focused on the task and mission and hand.

Tzitzis can make someone like a malach, in the sense that he has but one mission.

If one is a malach, he will be saved from hirhurim; if not, he will be judged.

Moral of the story: Men are addicted to lust; angels are not!

Keep your tzitzis on, and perhaps your pants will stay on as well.

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Re: Tryin'

Posted by cordnoy - 19 Jun 2015 12:49

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Noticed that there were several new posters, and all jumpin' to the 90-day endgame.

While that is certainly good, they were cautioned by others to focus on today.

Saw this written concisely on another thread: Keep in mind, that while the 90 challenge is a fantastic goal, in reality, we only have today. You don't need to abstain for the next 90 days. Right now you need to abstain just for today. When tomorrow comes it'll be the same thing, just for today (aka tomorrow... ). Keep it in the day and the 90 days will come on their own.

b'hatzlachah

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Re: Tryin'

Posted by shlomo613 - 19 Jun 2015 16:04

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[cordnoy wrote:](#)

Why do therapists charge more if the couple (rather than an individual) shows up? Doesn't it make their job easier then?

I don't know what setup you have in the States but I wouldn't trust a therapist who charged more for couples.

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Re: Tryin'

Posted by Gevura Shebyesod - 19 Jun 2015 17:14

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**Warning: Spoiler!**

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Re: Tryin'

Posted by serenity - 19 Jun 2015 17:22

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The way I look at the 90 day chart is as if day 91 is day 1 of recovery. The only significance to 90 days for me is that it hopefully gets me out of any routines I was in and has hopefully started me on new routines. I definitely try not to look at it as a personal goal. My experience in life is that I can achieve short term personal goals with a big trophy at the end with zero lasting effect. In other words, I can win a competition and go back to my old self the next day. Setting short term goals that are specifically designed to have lasting beneficial effects and that are boring is another story.

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Re: Tryin'

Posted by cordnoy - 21 Jun 2015 05:16

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[Gevura Shebyesod wrote:](#)

**Warning: Spoiler!**

Thank you....real sweet of you

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Re: Tryin'

Posted by cordnoy - 21 Jun 2015 15:40

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There will be a reading from the big book from 230 to 245; sa book from 245 to 255; 5 minutes share till 3 from Monday thru Friday this week EST.

All times are exact (God-pendin')

If you want to join, email me at [thenewme613@hotmail.com](mailto:thenewme613@hotmail.com)

b'hatzlachah to all

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Re: Tryin'

Posted by stillgoing - 21 Jun 2015 18:52

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look above

Gevura, Did you count those stickers? Maybe if I do that I'll be so busy that I can also get to 738

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Re: Tryin'

Posted by shlomo613 - 21 Jun 2015 19:09

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Mazal tov Cordnoy on 5000 posts. Wow. So many people you've helped; you've kept the forums ticking over nicely, and been a balanced sensible dose of reality.

Your 5000 number is worth so much than if it were just a private victory.

You should have bracha, hatzlacha and have shalom and enjoy the fruits of your labours in this world as well as the next.

Shlomo

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