

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 cordnoy - 28 Aug 2013 01:14

thanks

im not mamash a perfectionist, but close

i read it before, but i can read it again

is it in your link?

thanks again

=====
=====

Re: tryin

Posted by gibbor120 - 28 Aug 2013 01:19

Deleted

=====
=====

Re: tryin

Posted by cordnoy - 28 Aug 2013 01:30

thank you

and as a great man said before signing off today, "Tonight is more important than R"H and Y"K (staying clean), for tonight is today and there is nothing more crucial that staying clean today!

thanks again

=====
=====

Re: tryin

Posted by thatguyoverthere - 28 Aug 2013 10:54

Just read through this thread, and Im inspired. Keep on the good work!

I am only on day 4, but I intend this streak to go on forever.

=====
=====

Re: tryin

Posted by chesky - 28 Aug 2013 13:50

[cordnoy wrote:](#)

all my stupid own fault

just havin a few yuchy days

in one way, tryin to work even more on myself, and at the same time, feeling around for triggers

how stupid and dumb can i get!

Avrom,

A big part of recovery is acceptance; acceptance that we are addicts and acceptance that we are human and make mistakes.

If we except our limitations (powerlessness) then we will find it easier to let go and let HaShem help us.

May He grant us all a sober and SANE day.

=====
=====

Re: tryin

Posted by chesky - 28 Aug 2013 13:51

[chesky wrote:](#)

[cordnoy wrote:](#)

all my stupid own fault

just havin a few yuchy days

in one way, tryin to work even more on myself, and at the same time, feeling around for triggers

how stupid and dumb can i get!

Avrom,

A big part of recovery is acceptance; acceptance that we are addicts obsessive over lust, and acceptance that we are human and make mistakes.

May Gd grant us all a sober and SANE day.

=====

Re: tryin

Posted by cordnoy - 28 Aug 2013 17:19

thanks for all the chizuk

today seems like a better one

(guess I made a good choice...yuch). I will every day, moment make the right choice. I did it for so many days; I can continue...not for another so many days, but just for right now, and now now, and now....now.

thanks for getting me thru this

Onward.....till...NOW!!!!!!

=====
=====

Re: tryin

Posted by chesky - 28 Aug 2013 18:59

[cordnoy wrote:](#)

(guess I made a good choice...yuch)

Ah denial, precious denial! Arn't our addicted heads wonderful things!

The luxury of posting everything is that you don't even have to remind yourself, you can just go back and read what you wrote.

Are you sure that you want to go back to where you were about five or six posts back?

=====
=====

Re: tryin

Posted by cordnoy - 28 Aug 2013 19:17

chesky:

i am not one hundred percent sure your point.

Can you spell it out for me?

i am thick-skinned, and I can handle it.

thank you so much

=====
=====

====

Re: tryin

Posted by chesky - 28 Aug 2013 21:00

I wasn't trying to be tough that you need to be thick-skinned. I am sorry if it sounded that way. It was probably because I related so much to what I perceived as your reaction.

Your post reminded me of the guy who was desperately looking for a parking spot. In desperation he cries "HaShem please help me find a spot!" and in front of his eyes someone pulls out. To which he replies "It's ok HaShem I found one already".

So that is how I am. I am confronted with a situation and I say "powerless, powerless, powerless.....!!!" "HaShem, HaShem!" and when I pull through, I say "maybe I did have the right judgment after all" or "I survived a day of lusting without acting-out, so maybe I CAN handle it!"

Thank you for reminding me.

I hope this clarifies my point.

=====

====

Re: tryin

Posted by cordnoy - 28 Aug 2013 21:40

thanks for clarifying.

i think you did not understand my line.

i was not writing that i made a good choice by stopping; yes, i know God plays a big role in all of

this....although i'm not a "powerless, powerless" type of guy...i understand it, feel it at times, but i don't write it and feel it in every post.

=====

Re: tryin

Posted by chesky - 29 Aug 2013 01:49

Thanks for clarifying and your honesty.

May HaShem grant us a clean and sane day.

=====

Re: tryin

Posted by cordnoy - 29 Aug 2013 17:46

Good morning

I thank Hashem for another clean (and good) day.

I will not be updating the site, the numbers.

You will see 90 on Yom Kippur; no doubt!

That I know.

More than that, who cares?

We will not think about it.

Guard, you can put it to 90 right now.

This way, at least we can take out the Woodford now. On Y"K, its kinda a problem.

b'hatzlachah to all

=====

Re: tryin

Posted by tryingtoshteig - 29 Aug 2013 17:48

=====