

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 - 05 Aug 2015 18:06

[gibbor120 wrote:](#)

Thanks for the call today. I can't always join, but I appreciate that you do it, and gain from it when I do join.

my pleasure!

thanks for the chizuk.

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Re: Tryin'

Posted by shlomo613 - 05 Aug 2015 23:50

Thanks for the call today.

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Re: Tryin'

Posted by cordnoy - 06 Aug 2015 02:55

[shlomo613 wrote:](#)

Thanks for the call today.

Pleasure

and thanks for the chizuk!

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Re: Tryin'

Posted by cordnoy - 06 Aug 2015 15:39

[Bigmoish wrote:](#)

I don't think that's it.

What he's saying is that although we are all attracted to fantasies, there are varying degrees of realism in each fantasy. Using pornography as an example, some videos are designed to be ridiculously fantastical, while others attempt to mimic "real" situations (much like "reality" TV).

He seems to be suggesting that the further into recovery we venture, the more "realistic" we need our fantasy land to be, because we are being more "real" with ourselves.

I'm not sure I agree.

I like the explanation, but I don't think it's 100% accurate.

You are makin' distinctions between specific fantasies.

Let us say hypothetically speakin' that one would become aroused thru magazines and watchin' pornography, and clubs as well for many years of his life; then when he begins recovery in earnest, he can only become excited in a club or with some sexual connection to a live woman. I wouldn't say that the fantasy is more real. I would say (somethin' to the effect) that he is becomin' more 'real.' In this sense it is not necessarily a positive step, but perhaps thru identification and recognition as to what is goin' on, this realization could prove to be a catalyst for growth in recovery.

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Re: Tryin'

Posted by peloni almoni - 06 Aug 2015 17:55

???? ??? for the call!

???? ??????, ??????, ?????, chicago, just the way i like it.

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Re: Tryin'

Posted by cordnoy - 06 Aug 2015 18:06

Like i said, it's not the usual.....the language in step 9 demanded though a halachic discussion.

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Re: Tryin'

Posted by cordnoy - 09 Aug 2015 16:34

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Re: Tryin'

Posted by shlomo613 - 09 Aug 2015 17:49

[cordnoy wrote:](#)

I like this. Will be re-posting it elsewhere and hoping that I don't flag myself as a GYE'nik

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Re: Tryin'

Posted by shlomo613 - 09 Aug 2015 17:50

[cordnoy wrote:](#)

I like this. Will be re-posting it elsewhere and hoping that I don't flag myself as a GYE'nik..

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Re: Tryin'

Posted by cordnoy - 09 Aug 2015 17:55

[shlomo613 wrote:](#)

[cordnoy wrote:](#)

I like this. Will be re-posting it elsewhere and hoping that I don't flag myself as a GYE'nik..

Well...you already re-posted it here (twice); I do that as well...the repostin' elsewhere.

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Re: Tryin'

Posted by shlomo613 - 09 Aug 2015 18:05

I pressed send again as it was sending the first submissision so the network decided to submit it 3 times...

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Re: Tryin'

Posted by cordnoy - 09 Aug 2015 18:22

[shlomo613 wrote:](#)

I pressed send again as it was sending the first submissision so the network decided to submit it 3 times...

no problem

no problem

no problem

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Re: Tryin'

Posted by cordnoy - 09 Aug 2015 18:42

[shlomo613 wrote:](#)

A question: Dov is saying that the real addicts will eventually arrive in a 12-step group because their actions will eventually catch up with them and when their sickness is revealed to the public they will come crawling.

But wasn't this whole conversation - like so many other ones- about guiding people so that they shouldn't reach that 'bottom'?

For example, me. I also still don't know if I should be going to live groups (I don't feel so) or the phone conferences. But isn't it wise to attend and avoid the eventuality that i am one of those sickos who will reaching depravity? Isn't this so much of GYE principle: hitting bottom while you're on top?

If this post isn't 100% clear it's because I myself am confused.

There is a difference between live groups and some phone conferences.

One should probably not attend a meetin' if he is not addicted.

Listenin' to some of the steps on a phone conference cannot be detrimental.

Regardin' top and bottom, don't worry so much.

In general, you seem to be a person that has struggled in the past, had considerable amount of sobriety and then fell again. You also seem to have some life indecisions and life isn't perfect and rosy (whose is?). My assumption is that you should continue to post, stay connected, read or listen to the steps and see where that takes you. You do not need to decide the 'addict' question today. Learnin' mussar and extra prayers durin' davenin' also is beneficial.

just imho.....

b'hatzlachah

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Re: Tryin'

Posted by shlomo613 - 09 Aug 2015 19:15

Thank you Cordnoy.

Stay connected. Listen. Post. Mussar. Pray. Don't worry. I like it... You've said exactly what inside me I wanted to hear and knew I needed to hear. I've never felt that someone hit the bull's eye like now. Thank you again. Shlomo

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