

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 Workingguy - 10 Mar 2016 04:50

[JustinT wrote on 10 Mar 2016 03:36:](#)

Question, looking for advice. My problem isn't porn per say, rather looking at woman, lingerie ads, celebrities, ect... in general can cause my mind to wonder, which may lead to acting out. Filters are great, except they don't block out "normal" things. anyone have suggestions?

I can advise you on some ways to minimize your ability to access that stuff but the truth is it's going to be easy to find some way to access that type of stuff somewhere. So first, do you have monitoring software that goes to a friend?

But second, you might want to work on something that will actually help you grow past the need to look at those things- look around here for tools to help you not just not act out; they can help you find recovery through reading what others did and seeing what might work for you.

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Re: Tryin'

Posted by markz - 10 Mar 2016 18:03

Cord' if your time is changed to 115 would you kindly update your signature!

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Re: Tryin'

Posted by cordnoy - 11 Mar 2016 01:34

[markz wrote on 10 Mar 2016 18:03:](#)

Cord' if your time is changed to 115 would you kindly update your signature!

Today, no call and no Mincha.

I feel bad about both.

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Re: Tryin'

Posted by Yesod - 11 Mar 2016 02:46

They're both middle of the day crashers.

Start the call at 120 am, it might be good prevention

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Re: Tryin'

Posted by cordnoy - 11 Mar 2016 08:42

[Yesod wrote on 11 Mar 2016 02:46:](#)

They're both middle of the day crashers.

Start the call at 120 am, it might be good prevention

Howbout now?

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Re: Tryin'

Posted by Yesod - 11 Mar 2016 15:09

What in tarnations are You doing up at that hour?

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Re: Tryin'

Posted by cordnoy - 13 Mar 2016 02:20

[Yesod wrote on 11 Mar 2016 15:09:](#)

What in tarnations are You doing up at that hour?

BH, good things.

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Re: Tryin'

Posted by cordnoy - 14 Mar 2016 17:07

We are on for 1:15 today.

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Re: Tryin'

Posted by Yesod - 15 Mar 2016 00:08

Thanks for the call today,

Came on late, a fellow gye'r called in a rough patch.

I enjoy hearing the 4th step samplings.

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Re: Tryin'

Posted by cordnoy - 15 Mar 2016 03:50

[Yesod wrote on 15 Mar 2016 00:08:](#)

Thanks for the call today,

Came on late, a fellow gye'r called in a rough patch.

I enjoy hearing the 4th step samplings.

My pleasure.

We will be back to 1:20 tomorrow.

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Re: Tryin'

Posted by goodchange613 - 15 Mar 2016 05:55

cordnoy, when i see you post here i get all excited that you have some nice long insightful post
oh well.....

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Re: Tryin'

Posted by cordnoy - 16 Mar 2016 17:05

but then i come to find that your just confirming your call!

sorry; no time for a long post; I saved that for the email group.

there will be a call in 15 minutes.

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Re: Tryin'

Posted by cordnoy - 17 Mar 2016 17:16

the weekend is upon us.....how would you like to start it?

thinkin' ahead.....

by the way, i need to add 3 or 4 people to my resentment sheet - that stinks!

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Re: Tryin'

Posted by Yesod - 18 Mar 2016 00:22

You need to?, sounds like you are saying you are required to.

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You can put me on