

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 - 15 May 2016 16:34

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

I am not referrin' to white knucklin' thru today.

The feelin' I have is after and durin the workin' of the steps.

I, thank God, am at a place where there is no outside motivation (or, at least, there shouldn't be).

The risk of actin' out before any date doesn't enter my mind, not because it can't happen; it can! It doesn't enter, for it is not my business. My job is to work on myself. My task is to improve. I need to know my imperfections and do what i can to fix them. This requires a constant recognition of what my defects are, and there are plenty of 'em. I ask God for help. I beg Him for assistance, for the tough ones I am in no control over.

That is my focus now.

What will be in ten minutes is not on my radar.

=====

Re: Tryin'

Posted by cordnoy - 15 May 2016 16:40

[realsimcha wrote on 15 May 2016 16:26:](#)

[cordnoy wrote on 15 May 2016 15:19:](#)

For us frum yiddin (and this is almost a first for me), it is a simple one. What does God want from us right at this moment? Should I resent that person? Is now the right time to take revenge? Should I look across the aisle? What is there to be afraid of? Is this the link I should click? You can't seem to wanna do His will, fine, then pray for the willingness. It didn't work. Pray again. You looked. Fine. Now, do His will.

B'hatzlachah

So, what happens when, you just don't have the strength to look at Hashems will for every second. When you feel like you just need a break from that level of intense feeling. When that itself starts making you resentful. Then What? Is there anything between living every second to fulfill the will of god and acting out? For me this was where a good movie came in. So, I don't have that now. How do I take it down a notch without losing everything? Or do I never take it down a notch?

I'm not sure what the notches are about.

Also, everyone needs to know themselves.

I do watch shows.

Presently, it doesn't faze me.

and to repeat, I am referrin' to a life of workin' on our defects; not simply white knucklin'.

I may fall at some point.

I have desires and fantasies.

Mostly, I can block them out.

When i can't, i ask God to help.

When that doesn't work, I pray again.

And, at times, it continues and then life goes on.

We need to be content that we are workin' now for now.

This doesn't happen by a snap of the fingers.

=====

Re: Tryin'

Posted by mggsbms - 15 May 2016 16:47

[cordnoy wrote on 15 May 2016 16:34:](#)

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my

daughter's chupah that scares me to death.

I am not referrin' to white knucklin' thru today.

The feelin' I have is after and durin the workin' of the steps.

I, thank God, am at a place where there is no outside motivation (or, at least, there shouldn't be).

The risk of actin' out before any date doesn't enter my mind, not because it can't happen; it can! It doesn't enter, for it is not my business. My job is to work on myself. My task is to improve. I need to know my imperfections and do what i can to fix them. This requires a constant recognition of what my defects are, and there are plenty of 'em. I ask God for help. I beg Him for assistance, for the tough ones I am in no control over.

That is my focus now.

What will be in ten minutes is not on my radar.

What's the motivation ?

=====
=====

Re: Tryin'

Posted by cordnoy - 15 May 2016 16:51

Non-addicts can use a GPS, pointin' them to some Golden Place in da Sky, and if that is more captivatin' and motivatin' and rewardin' than a sexcapade or a drinkin' bout, then so be it!

They should take advantage of that.

For me, there was nothin' greater, and there still is nothin' more enticin' to me than to indulge in my fantasies.

So, you can stack all you want on one side of the scale; mussar seforim, Hell, family, community standin', Heaven, God, you name it....nothin' comes close to My pleasures.

I needed and need a mindset change, one where I wasn't thinkin' of me, one where my desires and fantasies weren't takin' front seat.

That occurred by workin' the program.

And it needs to continue, for my self is huge, and it don't like this - not one little bit.

=====

Re: Tryin'

Posted by cordnoy - 15 May 2016 16:59

[mggsbms wrote on 15 May 2016 16:47:](#)

[cordnoy wrote on 15 May 2016 16:34:](#)

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

I am not referrin' to white knucklin' thru today.

The feelin' I have is after and durin the workin' of the steps.

I, thank God, am at a place where there is no outside motivation (or, at least, there shouldn't be).

The risk of actin' out before any date doesn't enter my mind, not because it can't happen; it can! It doesn't enter, for it is not my business. My job is to work on myself. My task is to improve. I need to know my imperfections and do what i can to fix them. This requires a constant recognition of what my defects are, and there are plenty of 'em. I ask God for help. I beg Him for assistance, for the tough ones I am in no control over.

That is my focus now.

What will be in ten minutes is not on my radar.

What's the motivation ?

I don't recall in the white book one time where it uses the word "motivate" in a positive sense. I am by no means an expert, but that's what i remember.

When I hit rock bottom (several times) that motivated me to change; not to be clean, but to change.

I didn't need knowledge; i needed power.

I believe the white book says that if we simply look at the activity and the pitfalls of actin' out, many of us find no sufficient motive to really stop.

=====

Re: Tryin'

Posted by realsimcha - 15 May 2016 17:15

[cordnoy wrote on 15 May 2016 16:40:](#)

I do watch shows.

Presently, it doesn't faze me.

I wish I could do that. Its an outlet. Its fun. And its usually not triggering.

Problem is that it becomes an obsession of its own. For example, I will move around my whole schedule to fit in the 43 minutes that it takes to watch the show. If I go a day without it I feel like a missed shachris or something [and of course I have to do tashlumin :)] When I get home after a long day, I have to make sure I get my show. Not spend time with my teenagers or my wife. No, I need to shut the door of my study with a meek, weak, "I have work to do" and disappear. And thats the healthy part. The unhealthy part is when I take the longest walk of the night: From my chair to my bed at 330 in the morning.

So, you see, I don't have that option. Its become a monster of its own.

Trying to read to relax. read the news. Or watch Ted talks.... What can I say? Its not the same.

=====
=====

Re: Tryin'

Posted by cordnoy - 15 May 2016 17:31

[ur-a-jew wrote on 22 Nov 2013 23:44:](#)

Cordnoy, I think you need to surrender you understanding on the meaning of surrender. Surrender does not mean doesn't mean doing nothing. Nor does it mean that you are no longer responsible for you actions. Instead, it means that you are willing to do things you previously were not. Kind of like Bechira which Reb Matisyahu Shlita spoke about at the convention, the ability to do what I don't otherwise want to do.

By surrendering we throw away our preconceived notions of recovery recognizing that when we've relied on ourselves in the past to stay sober it has only gotten us into trouble. So we surrender out ego, our thinking that we are in charge and we turn it over to others.

You may be doing all of this, I just didn't want you to feel embarrassed by waving your white flag. Have a wonderful Shabbos.

=====
=====

Re: Tryin'

Posted by cordnoy - 15 May 2016 17:32

[Reb Yid wrote on 24 Nov 2013 07:02:](#)

Surrender just means to me that I give up the right to make my own choices. "I surrender my life and will to God." Joe and Charlie on their big book study tapes explain that my will is my thoughts, and my life is my actions. What does it mean to surrender my thoughts and actions to God? It means to stop fighting myself and everybody else for the right to have control over my own life. Scott Lee says on his AA tapes that he was fired as general manager of his own life due to weak performances in all areas.

In short - instead of thinking that I can get rid of my lust by doing A B and C, I begin to realize that I can not get rid of lust on my own at all. Period. No matter what. If I could, I would have a long long time ago. That does not mean that I just "give up" and let god do it, because even though he could do it even then, He won't!! Here is a quote from the story in the back of the Big Book entitled "Acceptance is the answer" He says that he believes "My job is to do what is in front of me to do now, and to leave the results up to god." This is to me exactly what Hishtadlus means anyway.

So in shorter - Surrender just means acknowledging that God is in control and not me. But most importantly, not me!!

And that is just my opinion. Take it for what it is worth.

Hatzlacha!!

Yosef S.

AKA - Reb Yid

=====

Re: Tryin'

Posted by Dov - 15 May 2016 18:00

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

One day at a time may be a tool, for some people. For lots of GYE people it may be a powerful gimmick to trick the yetzer hora into leaving me alone or something...but for me it is simple and literal. I am alive now and there is no such thing as "many days" or "a bunch of days". This does not mean that I do not plan for tomorrow or for next week. Rather, it simply means that I train myself to do **today's** job today, and tomorrow's job **tomorrow**....not any other way.

It's really an entirely different way of living - of being - for me. In addition it was ironically all 'in the moment': I could sacrifice many tomorrows for the comforting lust would give me right then...but the *lifestyle* filled me with worry about the future, regrets about the past, and terror of getting caught in a lie. Terror of whether I will be satisfied sexually tomorrow - or ever. Worried about how my kids will turn out or if moshiach will chas v'sholom come before I finally "do Teshuva gemura"...it was very dramatic, very exciting, and very stupid.

Now my emotions come, they wash over me and I stand outside myself observing me having them...and my sponsor helped me see that feelings are not reality, but just feelings. They do not move me into tomorrow, and not into yesterday. They just *are*. This is how I *feel* right now.

Perhaps my daughter will be married in 5 days like you, and there is fear and worry and regret and dissatisfaction, and excitement, and resentment. But all those things are fantasy - just like the naked women I was looking at in the porn, just like the sex scenes playing in my head while I masturbated...not reality. They were there because I needed excitement - or crisis.

Now I am learning to accept G-d's Will as it comes. And by 'G-d's Will' I certainly do not mean 'the mitzvos', and neither does Hashem! G-d's most pervasive and relevant 'Will' is simply how the events of my life are unfolding right now - today. Life on Life's terms, as they say in AA. This is obvious to anyone who really thinks it over. The GR"A calls it the contents of the dot in the 'Beis' in bereishis...the Zohar (and gemora) calls it "istakla b'orayso uboro almo". All of history is in the Torah - not the mitzvos, but what people call 'divrei reshus' is all G-d's Will as somehow expressed in the Torah: how fat you are, how rich or poor you are, if your daughter is happy or smart or not, or if the caterer is nuts or good or how much money you will need to spend, or save, your health and the traffic for all your guests and family the day of the wedding, the

photographer being a jerk, someone vomiting on your (geneidigeh) machteinisteh in the mitzva tantz (c"v!...heheh), etc, etc...all factors that will have **far more severe and noticeable consequences** than what time *sof z'man kriyas Shma* will be....this is G-d's Will. The ikkar of G-d's Will that we have a horrid time accepting.

It's not about whether we choose to sin or not. It is whether we choose to live with the times - to accept G-d's Will today. Life as it really **is**....or if we whine our way through it whispering regrets and worries and disappointments all the way through. *White-knuckling through **life*** is our big problem, not white-knuckling through *sobriety*.

I know that once a person works the 12 steps and learns that he or she does not need to white-knuckle through **life** any more, they will find that *staying sober* is no problem at all....

And without acceptance of today being more than enough for me to think about, none of this is even touchable.

None of it.

It's the basis for real living.

=====

Re: Tryin'

Posted by mggsbms - 15 May 2016 18:20

[Dov wrote on 15 May 2016 18:00:](#)

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

One day at a time may be a tool, for some people. For lots of GYE people it may be a powerful gimmick to trick the yetzer hora into leaving me alone or something...but for me it is simple and literal. I am alive now and there is no such thing as "many days" or "a bunch of days". This does not mean that I do not plan for tomorrow or for next week. Rather, it simply means that I train myself to do **today's** job today, and tomorrow's job **tomorrow**....not any other way.

It's really an entirely different way of living - of being - for me. In addition it was ironically all 'in the moment': I could sacrifice many tomorrows for the comforting lust would give me right then...but the *lifestyle* filled me with worry about the future, regrets about the past, and terror of getting caught in a lie. Terror of whether I will be satisfied sexually tomorrow - or ever. Worried about how my kids will turn out or if moshiach will chas v'sholom come before I finally "do Teshuva gemura"...it was very dramatic, very exciting, and very stupid.

Now my emotions come, they wash over me and I stand outside myself observing me having them...and my sponsor helped me see that feelings are not reality, but just feelings. They do not move me into tomorrow, and not into yesterday. They just *are*. This is how I *feel* right now.

Perhaps my daughter will be married in 5 days like you, and there is fear and worry and regret and dissatisfaction, and excitement, and resentment. But all those things are fantasy - just like the naked women I was looking at in the porn, just like the sex scenes playing in my head while I masturbated...not reality. They were there because I needed excitement - or crisis.

Now I am learning to accept G-d's Will as it comes. And by 'G-d's Will' I certainly do not mean 'the mitzvos', and neither does Hashem! G-d's most pervasive and relevant 'Will' is simply how the events of my life are unfolding right now - today. Life on Life's terms, as they say in AA. This is obvious to anyone who really thinks it over. The GR"A calls it the contents of the dot in the 'Beis' in bereishis...the Zohar (and gemora) calls it "istakla b'orayso uboro almo". All of history is in the Torah - not the mitzvos, but what people call 'divrei reshus' is all G-d's Will as somehow expressed in the Torah: how fat you are, how rich or poor you are, if your daughter is happy or smart or not, or if the caterer is nuts or good or how much money you will need to spend, or save, your health and the traffic for all your guests and family the day of the wedding, the photographer being a jerk, someone vomiting on your (geneidigeh) machteinisteh in the mitzva tantz (c"v!...heheh), etc, etc...all factors that will have **far more severe and noticeable**

consequences than what time *sof z'man kriyas Shma* will be....this is G-d's Will. The ikkar of G-d's Will that we have a horrid time accepting.

It's not about whether we choose to sin or not. It is whether we choose to live with the times - to accept G-d's Will today. Life as it really **is**....or if we whine our way through it whispering regrets and worries and disappointments all the way through. *White-knuckling through **life*** is our big problem, not white-knuckling through *sobriety*.

I know that once a person works the 12 steps and learns that he or she does not need to white-knuckle through **life** any more, they will find that *staying sober* is no problem at all....

And without acceptance of today being more than enough for me to think about, none of this is even touchable.

None of it.

It's the basis for real living.

Great stuff ! And I get all that - that's a far cry from actually living it.

My point is, is there a motivating factor for me to work towards such a mindset ? There got to be a reason for me to take the minute to minute effort of living life on life's terms. And that is because living life on my terms has gotten me to a place where I can act out in crazy ways or crazy times.

=====

Re: Tryin'

Posted by stillgoing - 15 May 2016 18:22

AHHHHHHHHHHH!

Thump!

Brain overload.

=====

=====

Re: Tryin'

Posted by stillgoing - 15 May 2016 18:23

Am i the only one with his head spinning?All of this stuff sounds so good, like nice french. I don't have the foggest clue how to apply it. Kind of like a huge lake, with the sober guys yelling from one side, "just come, one stroke at a time, dont think about how deep it is, G-d will help" and i'm thinkin' like - i don't even know how to swim.

=====

=====

Re: Tryin'

Posted by yiraishamaim - 15 May 2016 19:57

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

mggsbms

I will like to share my thoughts. Please understand I do not hold out to be an authority of any type. I am just one, like many here who have had their run with sobriety and found what has worked for them.

Years ago I heard a shiur from a person who works in kiruv rechokim. He claimed when working with potential Ba'al Teshuvos you have to be prepared to deal with two major points. The Torah is true and the Torah is also Geshmak. cause if it's not true why waste my time with a religious discipline that is so demanding. BUT- if it's not geshmak then even if it's true how long can I stay in the program? It's just too dry. Its got to be pleasurable on some level- that's how I at least am wired.

The Torah true lifestyle, as we are all fully aware is truly exciting and meaningful.

Living a life of sobriety is also way of life. We need to learn how to think right and also set up our circumstances(and best react when potential threats arise) to best deal with all real and potential threats to our goal of clean wholesome living- free of the obsessing thoughts and acts that we wish so desperately to be rid of. We know that recovery is not a true cure but we can learn how best to live, so that the addiction does not go from a potential threat to actual acting out.

I have found that when first trying to become sober - just working on sobriety daily moment by moment is all I really needed. Once I had reached a certain amount of days I began to have some hope that perhaps if I follow the right advice I could really be sober.

At this point how is the program geshmak? Well for starters I realize that having this illness if you will, has a very strong positive side. see the link below for details

guardyoureyes.com/forum/19-Introduce-Yourself/249972-What-else-should-I-try?limit=15&start=15#250188

As well, every morning when I daven, I interpret the Tefillah in a way that is so meaningful to me and yet not out of line with the classic interpretation. Example: "Baruch atah ... Matir Asurim. Hashem it is you who are continuously helping me stay out of the prison of S___addiction. zoikef kefufim you have taken me and uplifted me from such lowly feelings of self, to a person who can hold his head high. ozer yisroel bigvurah- it is you who give me the strength to succeed. Hanosen Layeaif Koach - I was a beaten tired man and now I have energy which naturally flows from the hope you have given me.

I also have learned that I need to get rid of that part of my lifestyle that has dragged me to act out in the past. I need to be careful of harmful triggers.

For me- youtube is chazar treif. Why? 'cause I enjoy sports and especially fights UFC/Boxing. Eventually, inappropriately dressed women who somehow show up. One little peak can in the

course of time can eventually snowball into trouble.

As well. I enjoy news. However, the news on line lures me to news topics by showing pics of non-tznius women who may have absolutely nothing to do with the news report. Now its true that by not watching I have sacrificed some things I enjoy.

HOWEVER,

by not watching these things I have opened up large portions of time to be more effective at my work as well as to learn.

check out this link:

guardyoureyes.com/forum/45-Testimonials/280545-Meaningful-Growth

I hope I didn't misunderstand you.

You want motivation. Do you?

With sobriety you can truly take the lemons of addiction and make them into a heavenly lemonade.

=====

Re: Tryin'

Posted by mggsbms - 15 May 2016 22:36

[yiraishamaim wrote on 15 May 2016 19:57:](#)

[mggsbms wrote on 15 May 2016 16:25:](#)

I should really shut up because arguing about these things will for sure not get me sober. But..

If I only focus on today what is my motivation. To be normal just today ? I'll handle one crazy day. It's a bunch of crazy days that are the problem. It's running the risk of acting out before my daughter's chupah that scares me to death.

mggsbms

I will like to share my thoughts. Please understand I do not hold out to be an authority of any type. I am just one, like many here who have had their run with sobriety and found what has worked for them.

Years ago I heard a shiur from a person who works in kiruv rechokim. He claimed when working with potential Ba'al Teshuvos you have to be prepared to deal with two major points. The Torah is true and the Torah is also Geshmak. cause if it's not true why waste my time with a religious discipline that is so demanding. BUT- if it's not geshmak then even if it's true how long can I stay in the program? It's just too dry. Its got to be pleasurable on some level- that's how I at least am wired.

The Torah true lifestyle, as we are all fully aware is truly exciting and meaningful.

Living a life of sobriety is also way of life. We need to learn how to think right and also set up our circumstances(and best react when potential threats arise) to best deal with all real and potential threats to our goal of clean wholesome living- free of the obsessing thoughts and acts that we wish so desperately to be rid of. We know that recovery is not a true cure but we can learn how best to live, so that the addiction does not go from a potential threat to actual acting out.

I have found that when first trying to become sober - just working on sobriety daily moment by moment is all I really needed. Once I had reached a certain amount of days I began to have some hope that perhaps if I follow the right advice I could really be sober.

At this point how is the program geshmak? Well for starters I realize that having this illness if you will, has a very strong positive side. see the link below for details

guardyoureyes.com/forum/19-Introduce-Yourself/249972-What-else-should-I-try?limit=15&start=15#250188

As well, every morning when I daven, I interpret the Tefillah in a way that is so meaningful to me and yet not out of line with the classic interpretation. Example: "Baruch atah ... Matir Asurim. Hashem it is you who are continuously helping me stay out of the prison of S___addiction. zoikef kefumim you have taken me and uplifted me from such lowly feelings of self, to a person who can hold his head high. ozer yisroel bigvurah- it is you who give me the strength to succeed. Hanosen Layeaif Koach - I was a beaten tired man and now I have energy which naturally flows from the hope you have given me.

I also have learned that I need to get rid of that part of my lifestyle that has dragged me to act out in the past. I need to be careful of harmful triggers.

For me- youtube is chazar treif. Why? 'cause I enjoy sports and especially fights UFC/Boxing. Eventually, inappropriately dressed women who somehow show up. One little peak can in the course of time can eventually snowball into trouble.

As well. I enjoy news. However, the news on line lures me to news topics by showing pics of non-tznius women who may have absolutely nothing to do with the news report. Now its true that by not watching I have sacrificed some things I enjoy.

HOWEVER,

by not watching these things I have opened up large portions of time to be more effective at my work as well as to learn.

check out this link:

guardyoureyes.com/forum/45-Testimonials/280545-Meaningful-Growth

I hope I didn't misunderstand you.

You want motivation. Do you?

With sobriety you can truly take the lemons of addiction and make them into a heavenly lemonade.

Thanks very well said. I haven't been thinking in different terms necessarily. I realize however that discussion is going in circles, so I'll just leave it with this.

=====
=====