

MZL on the 90-day highway

Posted by mzl - 17 Jun 2018 19:53

Day 9.

I think I need to make myself at home in the 90-day topic.

Today I'm really upset because my wife is shopping all day again and I'm watching the kids.

I ate way too much, it's the only thing I could think about to do something nice for myself.
Pathetic, I guess.

Does G-d really deserve me living next to her and not even masturbate? The worst part is that I have annihilated most of my desires so the thought of masturbating is like watching paint dry.

I guess tomorrow will be better. It's already 3:53 pm.

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Re: MZL on the 90-day highway

Posted by mzl - 19 Oct 2018 16:12

I think in order to be a good citizen I have to try to get back on the horse, even though it may be frustrating and I may be end up exactly in the same place.

I am a mediocre sex addict, let's face it ...

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Re: MZL on the 90-day highway

Posted by Dov - 19 Oct 2018 16:24

Not that it's relevant to you, but I'm like you, too. My addiction is mediocre and my recovery is mediocre. And that's a thing to be faced and accepted, and I do.

I'm so grateful for Hashem's gift to me of the ability to face and accept that. For without it, I'd feel superior to others and it'd all collapse eventually, c"v.

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Re: MZL on the 90-day highway

Posted by Realestatemogul - 19 Oct 2018 17:06

I remember in the past I was scared of being an addict. I would deny it to the end.

Im probably not an addict even. At best a mediocre one.

These days Im brave and I consider myself an addict. I find that its safer to be a recovering addict that not an addict with a problem. "Becoming an addict" has enabled to me to take overcoming my problem more seriously and I am now #67 days clean. B"h I decided that I may need a bit more support than other ppl in these areas. B"h I decided that I will go out of my comfort zone to solve my issues. B"h I am on the way to "recovery."

Deciding that I am not in control has allowed me to use tools to effectively have the outcome I wanted. Essentially putting me back in control, albeit, without the burden of having to "control" it.

Anyway...

I get inspired from your posts and your sincere resolve in working through this complicated issue.

Hatzlacha!

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Re: MZL on the 90-day highway
Posted by cordnoy - 19 Oct 2018 17:50

[Dov wrote on 19 Oct 2018 16:24:](#)

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I'm so grateful for Hashem's gift to me of the ability to face and accept that. For without it, I'd feel superior to others and it'd all collapse eventually, c"v.

Il am a full-blown addict, and recovery is nu-nu.

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Re: MZL on the 90-day highway
Posted by mzl - 19 Oct 2018 22:17

Been reading workinguy's post. Impressions so far:

1. He's not an addict
2. He doesn't realize that CBT can help someone who's not an addict but not an addict
3. He doesn't realize that addiction is a real disease that cannot be addressed with temporary measures
4. Is not bipolar and doesn't seem to know much about depression
5. He is articulate
6. He is strongly motivated in life by his role of expert who advises others on addiction issues
7. Is likely threatened by the fact that mzl is now on the forum

Workingguy doesn't realize that when someone says they have a masturbation problem and

they explicitly request CBT from GYE users they are being too rigid not helping themselves. They need to be redirected.

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Re: MZL on the 90-day highway
Posted by Markz - 21 Oct 2018 00:32

[mzl wrote on 19 Oct 2018 22:17:](#)

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Workingguy doesn't realize that when someone says they have a masturbation problem and they explicitly request CBT from GYE users they are being too rigid not helping themselves. They need to be redirected.

Since I know workinguy personally, I found your points hilarious. No other way to describe it

About point number 2 - how do you know the guy you're debating about that's doing CBT is an addict? Are you the expert?

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Re: MZL on the 90-day highway
Posted by Dov - 21 Oct 2018 01:06

This post by mzl, as do many others, openly sets out to be judgemental. I think that posts like those are just click bait. They invite the *counter-judgmentalism* of all others who (thank-G-d) have enough brains to have a different opinion.

I'm sure are better ways to discuss life and it's many issues.

I have some considered opinions on CBT and addiction because I have spent a lot of time speaking with addicts who have used it with widely varying results but some interesting commonalities. But writing about them in response to mzl's click bait is probably not a good idea.

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Re: MZL on the 90-day highway
Posted by Workingguy - 21 Oct 2018 02:54

[Dov wrote on 21 Oct 2018 01:06:](#)

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Dov,

Especially in this case, I think you're certainly correct.

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Re: MZL on the 90-day highway
Posted by Workingguy - 21 Oct 2018 02:58

[mzl wrote on 19 Oct 2018 22:17:](#)

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Workingguy doesn't realize that when someone says they have a masturbation problem and they explicitly request CBT from GYE users they are being too rigid not helping themselves. They need to be redirected.

Mzl,

Thank you for the assessment in seven neat points. If my therapist was as quick and to the point, I could probably save thousands!

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Re: MZL on the 90-day highway
Posted by Hakolhevel - 21 Oct 2018 04:02

[Dov wrote on 19 Oct 2018 11:56:](#)

Your wife was loving enough to offer to be nice to you right then, but it wasn't good enough for you to just say, "thank you, dear!" and just do what she suggested: go ahead w it to see if it was going to be comfortable enough for her. The humble response. Not to be a begging dog accepting a piteous offer - but a loved friend accepting a gracious gift. That wasn't good enough for you.

And I relate. Have been there. Humility is not always acceptable in the moment and pain drives pride before it, into the soup.

A pity.

You'll probably disagree with this, somehow, tho. Oh, well.

Dov or anyone else, can you elaborate on "The humble response. Not to be a begging dog accepting a piteous offer - but a loved friend accepting a gracious"

Thanks

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Re: MZL on the 90-day highway
Posted by Dov - 21 Oct 2018 04:11

Before I write anything useless and off the mark, I PM'd you for a bit of background info.

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Re: MZL on the 90-day highway
Posted by mzl - 21 Oct 2018 10:15

[Workingguy wrote on 21 Oct 2018 02:58:](#)

[mzl wrote on 19 Oct 2018 22:17:](#)

Been reading workingguy's post. Impressions so far:

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Mzl,

Thank you for the assessment in seven neat points. If my therapist was as quick and to the point, I could probably save thousands!

So far I have only read maybe 5% of what you wrote.

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Re: MZL on the 90-day highway
Posted by mzl - 21 Oct 2018 10:21

My thread is boring.

I'm setting a bad example by living with my wife.

I will try to document the tools I use here and there that have some value. I wrote a little essay on it years ago. I will try to format it somehow and upload it somewhere.

Hope to read the rest of workingguy's posts to see how the story ends.

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Re: MZL on the 90-day highway
Posted by mzl - 21 Oct 2018 10:47

Workingguy again made a public statement that I am detrimental to others. This strongly motivates me to read the rest of his posts. Someone who can write to a user "don't listen to X, he is nuts" needs to be thoroughly investigated ...

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