

Everyby addict is a "Top Guy"

Posted by Yossi.L. - 09 Oct 2011 16:56

Almost every addict to post on this site starts off with the "I'm(or was) a top guy" sentence. Since we are all current or former top guys, it seems like GYE has all our future gedolim on it's site!

My point is: by what barometer are you the "top guy"? Search a little deeper. Is you fantasized mind creating and sustaining the "top guy" illusion while the rest of the world ain't on board?

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Re: Everyby addict is a "Top Guy"

Posted by gibbor120 - 11 Oct 2011 14:36

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Re: Everyby addict is a "Top Guy"

Posted by Yossi.L. - 11 Oct 2011 22:44

[Pure yid wrote on 11 Oct 2011 06:56:](#)

I think the fact that we are here we are all top guys how about that ?

It's definitely courageous and commendable that we are all here. But "top guy"?.....definitely pushing it..

~~I like the way you think Pure Yid!~~

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Re: Everyby addict is a "Top Guy"

Posted by tehylimzugger - 12 Oct 2011 02:06

here are two ppl. that definitely think they're top

www.guardyoureyes.org/forum/index.php?topic=4370

you know why no one else commented there? the ego level is so high there's simply no room :-[

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Re: Everyby addict is a "Top Guy"

Posted by Yossi.L. - 12 Oct 2011 19:51

Thanks for the link Tehillim. I also find myself 'running after' information. However, definitely in a healthier way then what you were describing there.

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Re: Everyby addict is a "Top Guy"

Posted by Pure yid - 02 Dec 2011 18:48

I like this. Btw I was never called a top guy as a kid and was abused in that sense to lower me very much. Happens to be before I was reading this I would also write I am a top guy just to get the story clear. Because btw the position in my profession is called a top guy. But on the other hand I had to work on my self and still do, to face that I can call my self a top guy because a lot of us have low confidence and that is also part of the addiction so I think we need balance in it. I talk for my self.

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Re: Everyby addict is a "Top Guy"

Posted by Yossi.L. - 04 Dec 2011 03:19

Pureyid,

Well said. Thanks for your post! It's exactly for people like you that I felt compelled to start this thread.

Yossi

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Re: Everyby addict is a "Top Guy"
Posted by me - 04 Dec 2011 09:14

I was always the "top guy"... in my addiction. I did it really well. I kept the secret better than anyone could, and I was a top liar. So, here is a way I guess to be a "topper" with no one even knowing about it!

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Re: Everyby addict is a "Top Guy"
Posted by trying123 - 05 Dec 2011 00:48

Children growing up in a difficult or sub-par home environment (such as myself) will naturally gravitate towards perfection to be/feel safe...

The irony is that perfectionism is about seeing things as either perfect or worthless thus us (whoever this applies to) perfectionists see ourselves as both better than and less than other people....

If we slowly learn to accept normalcy and strive for healthy goals and realize that less than perfect can still be pretty good we can see ourselves as normal healthy people with ups and downs like everyone else and unique in our own way like everyone else.....

We don't have to be either sober or sick. We can be slowly and steadily moving in the right direction with an occasional fall once in a while. We don't have to be DEVASTATED by a fall nor ELATED by abstinence. We can be normal human beings with ups and downs.....

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Re: Everyby addict is a "Top Guy"
Posted by Yossi.L. - 05 Dec 2011 02:09

Mosheme and Tried123,

Right on!

Yossi

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Re: Everyby addict is a "Top Guy"
Posted by Pure yid - 05 Dec 2011 02:46

Moishe ME I can identify with you. Omg. Ha ha. Yener Joke.

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Re: Everyby addict is a "Top Guy"
Posted by gibbor120 - 06 Dec 2011 05:54

Hi Tried, i hear what you are saying. It sound just like stuff I found on Dr Sorotzkin's web site. I can totally relate.

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Re: Everyby addict is a "Top Guy"
Posted by Yossi.L. - 08 Dec 2011 14:49

Dr. Sorotzkin's website? What site would that be?

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Re: Everyby addict is a "Top Guy"

Posted by gibbor120 - 08 Dec 2011 15:07

[Yossi.L. wrote on 08 Dec 2011 14:49:](#)

Dr. Sorotzkin's website? What site would that be?

www.drсоротзкин.com/

There is a lot of really great stuff there.

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Re: Everyby addict is a "Top Guy"

Posted by Yossi.L. - 11 Dec 2011 04:20

Thank you

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