

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 Hashem Help Me - 31 Jan 2018 02:22

We are here for you to vent to. Continued hatzlocha.

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Re: tryin

Posted by ieeyc - 31 Jan 2018 16:06

[cordnoy wrote on 30 Jan 2018 15:06:](#)

if I would find God in a real way, would that help? Yes.

hi ,i was reading your great post ,i dont know if i belong here or if my words will have any effect but it doesnt hurt to try ,i found G-d (sorry i was brought up with a dash in middle , i aint holier than you)by reading seriously (without skepticism)Rabbi Avigdor Millers seforim ,especialy Rejoice O` Youth.He was a great man who knew our generation already back in the 50`s until he was niftar who introduced Hashem in a real way in the lives of many Talmidei Chachomim and Mashpiam.just saying.

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Re: tryin
Posted by eslaasos - 31 Jan 2018 16:34

[cordnoy wrote on 30 Jan 2018 15:06:](#)

I don't need others to resolve my tensions; I don't need the connection to soothe the lack of connection.

it was about learnin' to be comfortable in my own damn skin - as bad and ugly and filthy as it was/is. **Can I live with myself knowin' what I did and what i think? The answer was and is yes, providin' that I work recovery steps.** Do I wanna remain a self-pleasin', ego maniac, self-centered, jealous, connivin', lyin' prick? Nope. So, I work the steps

Just doing chazara of what really speaks to me, even though I can't fully relate as much as I would like to. Thank you.

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Re: tryin
Posted by cordnoy - 31 Jan 2018 20:35

[ieeyc wrote on 31 Jan 2018 16:06:](#)

[cordnoy wrote on 30 Jan 2018 15:06:](#)

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Thanks. I listened to several of his tapes, until he said: if your child goes off the derech, don't love him. Maybe he meant somethin' else, but it didn't sound like it.

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Re: tryin

Posted by ieeyc - 01 Feb 2018 02:45

i dont know what he meant , maybe he meant it literally,all i know is that when my child when off the derech all the mechanchim that i spoke too encouraged love and acceptance ,and to try to keep the child at home, one of them is a mechanech that all the Roshei Yeshivos of a certain makom Torah send parents of kids at risk to(and he really is great!) , BH thats what we did and BH little by little the child is coming back.(mainly thanks to that mechanich)

if Rabbi miller would have advised differently, all i know is he had a right to say his pure daas Torah,he was a gadol accepted by many gedolim.but put that aside ,the sefer rejoice o youth doesnt mention any thing of these things just real Emuna and what is Avodas Hashem,and its a very enjoyable reading, and im sure an educated person like you will enjoy it and become a different person. i probably dont come to your shoelaces from what ive heard about you here, but you did mention this thing about finding G-d,i dont see any contradiction to reading his

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Re: tryin

Posted by Singularity - 01 Feb 2018 11:15

[ieeyc wrote on 01 Feb 2018 02:45:](#)

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sefer and loving every jew eventhough they are off the derech.just saying.

To give credit where it's due, The book "Rejoice O Youth" basically saved me from going off the derech back in 2012. Sometimes the Rov says harsh stuff but I like it.

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Re: tryin

Posted by Markz - 02 Feb 2018 16:10

Dear Rabbi Cordnoy

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Re: tryin

Posted by AvigdorBenYisroel - 04 Feb 2018 02:49

[ieeyc wrote on 01 Feb 2018 02:45:](#)

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Very well said

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Re: tryin

Posted by yiraishamaim - 04 Feb 2018 11:57

[AvigdorBenYisroel wrote on 04 Feb 2018 02:49:](#)

[ieeyc wrote on 01 Feb 2018 02:45:](#)

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Very well said

Rabbi Miller was without question a true Gadol Batorah who changed the lives of countless individuals. His insights are truly remarkable. Please keep in mind that certain acceptable social responses and attitudes do change in the course of time. Example: striking a child due to misconduct was considered o.k. and even an effective means of disciplining.(as long as it wasn't out of anger) In the last few decades or so Rabbi Wolbe claimed that this was no longer effective and should not be used anymore. How to deal with a wayward child is probably similar.

Rabbi Miller passed in 2001 at the ripe old age of 93

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Re: tryin

Posted by cordnoy - 15 Feb 2018 14:23

I have been meanin' to write this for a while:

In Beshalach, it says: So Moses said to Joshua, Pick men for us, and go out and fight against Amalek. Tomorrow I will Now Moses hands were heavy; so they took a stone and placed it under him, and he sat on it. Aaron and Hur supported his hands.....

Targum Yonasan provides a fascinating insight: Moses our Teacher was punished (and he lost the ability of lifting his hands upwards) because he did not act with 'zerizus' – he delayed the battle until the morrow; he should have removed the tumah from the land immediately and not procrastinate in delivering the salvation for the Jewish people.

Reb Meilech Beiderman adds: In truth, the Tzaddikim have already hinted this in the verse itself: and go out and fight against Amalek tomorrow – it is incumbent upon us to immediately wage battle and eradicate the 'Amalek' that resides within us that threatens every one of our good deeds – and attempts to delay them until the morrow. He encourages us to think as follows: "Behold I am what I am today, and God-willing, tomorrow, I will take myself to serve God." This is actually the manner of the Evil Inclination – first he connives us into thinking that all hope is lost – we will never be able to remedy that which we sinned and stained our souls. Or he will convince us that we will never be able to remain steadfast in our commitments, so why bother?! If he realizes that the person will not be listening to him, he tries a different tactic by using his slippery tongue, and he says: "It is preferable that you start fresh and clean tomorrow" – his intention is to postpone the willingness to do good and thus the person's inspiration will be weakened. It will then be easier for him to convince you the next day that it is not worth it at all.

Hence, the quote: Today! Dammit! Today!

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Re: tryin

Posted by Gevura Shebyesod - 15 Feb 2018 14:46

Nice!

In truth it can be turned around the other way as well. Sometimes an effective tactic against an urge is to tell yourself to push it off until later, and by then hopefully we will be in a more rational state of mind and be able to ignore it and move on to other things. In this way we use the YH's own weapon against him. This can be also seen hinted in the Pasuk "Go out and fight against Amalek - (by saying) Tomorrow!"

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Re: tryin

Posted by cordnoy - 16 Feb 2018 13:59

Everythin' good comes at the price of some other pain, risk of shame or disapproval. I tend to choose the familiar pains over new ones.

I think that's probably too bad.

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Re: tryin

Posted by Josephsbrother - 20 Feb 2018 09:49

Today yes today there need to be victory, today is just as much a part of eternity and any of tomorrow kingdom of victory, for from now to forever, and this day may I really havwe something to praise HaShem for, that today with the infinite help I control my desires, and they became a blessing for me, and not any other human losted because I stole of them, the things that would be of their abundance. Yes I do, I come to this site for a breath of inspiration, I leave its halls with healing in my wings, I know I can wait now the unfruitful hour, for my Maker has given and a covenant of living that makes it possible that all men can and will thrive.

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Re: tryin

Posted by Shlomo24 - 20 Feb 2018 23:49

[Josephsbrother wrote on 20 Feb 2018 09:49:](#)

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You have an amazing talent

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Re: tryin

Posted by cordnoy - 22 Feb 2018 19:15

So you know things are bad when you're sittin' in waitin' room of therapist after a year long hiatus, and your phone beeps with message from therapist: I'm sorry but I was on my lunch break and on returnin' now, I got rearended and we will need to reschedule.

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