

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, id still fall. Perhaps it still is the reason, but marriage stuff is probably not getting 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 mzl - 26 Jul 2018 02:44

Ok. I thought I was the only with a one-track mind.

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Re: Tryin'

Posted by eslaasos - 26 Jul 2018 14:51

In 1861 intercourse had a different meaning. Additionally, Intercourse had a different meaning.

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Re: Tryin'

Posted by cordnoy - 26 Jul 2018 14:57

[eslaasos wrote on 26 Jul 2018 14:51:](#)

In 1861 intercourse had a different meaning. Additionally, Intercourse had a different meaning.

My wife says the same thin'.....about 2018 (actually, started about 25 years ago).

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Re: tryin

Posted by Eyeglasses - 26 Jul 2018 16:32

[cordnoy wrote on 19 Jul 2018 03:29:](#)

CNQ:

"Women do not 'expose themselves' (in the summer, etc.); it is we who 'expose them'."

So why they have to dress Tzniusdig than?

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Re: tryin

Posted by cordnoy - 26 Jul 2018 16:40

[Eyeglasses wrote on 26 Jul 2018 16:32:](#)

[cordnoy wrote on 19 Jul 2018 03:29:](#)

CNQ:

"Women do not 'expose themselves' (in the summer, etc.); it is we who 'expose them'."

So why **they** have to dress Tzniusdig than?

Who are the "they" you are referrin' to?

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Re: tryin

Posted by Eyeglasses - 26 Jul 2018 16:41

I guess Girls/Ladies

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Re: tryin

Posted by mzl - 26 Jul 2018 16:42

[Eyeglasses wrote on 26 Jul 2018 16:32:](#)

[cordnoy wrote on 19 Jul 2018 03:29:](#)

CNQ:

"Women do not 'expose themselves' (in the summer, etc.); it is we who 'expose them'."

So why they have to dress Tzniusdig than?

I don't think it's to be taken literally, hence the quotes.

I think the correct interpretation is even when women are undressed the desire is in the head of the beholder.

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Re: tryin
Posted by cordnoy - 26 Jul 2018 16:59

[Eyeglasses wrote on 26 Jul 2018 16:41:](#)

I guess Girls/Ladies

Jews?

non Jews?

Romanians?

Eskimos?

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Re: tryin
Posted by cordnoy - 26 Jul 2018 17:04

[mzl wrote on 26 Jul 2018 16:42:](#)

[Eyeglasses wrote on 26 Jul 2018 16:32:](#)

[cordnoy wrote on 19 Jul 2018 03:29:](#)

CNQ:

"Women do not 'expose themselves' (in the summer, etc.); it is we who 'expose them'."

So why they have to dress Tzniusdig than?

I don't think it's to be taken literally, hence the quotes.

I think the correct interpretation is even when women are undressed the desire is in the head of the beholder.

And the responsibility of our thoughts/actions.

To be clear: if someone wants to give a shiur to BY girls how to dress and in part, he/she says that they are being machshil the men/boys, that is fine. (Me personally, I wouldn't harp on that to them, because the kedushahl, positivity, etc. should be stressed.) But on the men's side of the forum, we must take the responsibility!

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Re: tryin
Posted by cordnoy - 20 Aug 2018 00:49

[ZemirosShabbos wrote on 19 Jul 2011 15:08:](#)

On Shabbos i was beginning to go to shul when my young son saw me walking. He had been playing in the sandbox and his hands were 'sandy' and at first i was not enamored of the idea of holding his hand. Then i thought to myself - how many times have i wanted to hold my 'Father's Hand' while my hands were 'sandy'?

i held his hand happily.

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Re: tryin
Posted by cordnoy - 20 Aug 2018 00:51

[ur-a-jew wrote on 24 Jan 2011 17:10:](#)

[ZemirosShabbos wrote on 24 Jan 2011 15:38:](#)

rebbe b

i have a condition.

it's called feelings of resentment, ego and lust. they all took up permanent residency in my heart a long time ago.

Now this is a shocker. I think we better called Guard. I don't think we've ever seen something like this. That someone on GYE should have feelings of resentment, ego and lust. I am just not mekabel this type of loshon hora. Maybe on those other fake-frum sights. But on GYE its not shayich.

Zem's hang in there.

i did not believe it myself for a long time

i would think "i could not have done anything wrong, i am so high and holy and my feelings are by extension also high and holy and they are justified because my neighbor's pet cat looked at me crossly just yesterday"

i am high and holy, but not entirely. i have a body and a soul, or rather i *am* a soul in a body. my job is to try to keep the soul in the driver's seat. all too often the soul got kicked out and the body stole its identity and drove around town masquerading as a soul.

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Re: tryin
Posted by cordnoy - 20 Aug 2018 01:16

From BJ:

i guess i forget sometimes two points that really hit home for me today:

A-- This isn't something GOOD for me..this isn't what I want. If I'd be selfish I'd run like it was hell itself

B--Sacrificing myself to give and then kill myself with porn isnt doing anybody favors. No one is gonna benefit from the shell of a person I'm becoming

its so stupid its funny: before i act out i believe that i can act out and then return to my normal state with nothing changed. yet, after i act out, i feel like a balloon letting its air out; flying all over the place while depleting myself of what i am...and then im like "oooh, yeah...this sucks...makes me miserable" but sure enough time passes and i totally forget this principle and i go back at it again...im like homer simpson, really..."maybe this time! doh!"...

i think thats what sa says when they say we turn to recovery from an enlightened self-interest.

i guess what im trying to say is that its time i got a little selfish dammit...its time i threw off these chains that bind me...

thanks for making me see that clearly now...

baruch hatatty, another day sober...

yom HAshishi...

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Re: tryin
Posted by cordnoy - 20 Aug 2018 01:20

And again:

with thanks to allah, i am now coming up on seven clean days, i feel like i am getting back into my program...trying to live the life gods dealing and finding it easier to turn my attention away from lust...

sb, a person can live and not die on a 300/day calorie diet...yet, we dont think a person that lives on a 1800 calorie diet as an overeater...unless youre Christopher McCandless, and youre not, cuz hes dead, youre an overconsumer to some degree...besides, the relationship you have with your wife is not the same relationship you have with your mom, your roommate or your best friend...if you two get along dandy, are honest with each other, can talk about anything and have a real good time hanging out together but youre not having sex then youre not having a good marriage...certainly, the sex addict has come to believe he or she needs sex waaaaaay too much and, craves the dopamine at unhealthy levels that the brain, at this stage of our evolutionary process, cannot handle, but my point way back then was that sometimes, even the sex addict can have legitimate gripes about not getting enough sex...and what struck me as a truth was what i was TRYING to say which is that we may have real concerns but the solution we offer is just about the worst one we can possibly bring to the table...because when you turn to the Pr0n, you will pay the piper...there is no, "im just gonna squeeze this one out and move on, go right back to where i was and continue on my merry way"...nope, nope, nope...for every single act of lust, you will pay in pain...at least i do...i pay in pain, and more pain, and then a spiraling stinging pain...to the point where i have no choice but to turn to SA for some sanity....and so whatever problems i may have, and trust me, nigs, problems, ive got, the solution is clearly not the false god i have been worshiping...i guess that what was meant by "it took every last acting out to get me to recovery"...i think im at a point where i am willing to put everything aside...put down my own "knowledge" about this disease, put down my hangups about SA, put down my "i just gotta have its," put down my questions and put down my self-interest and just listen to what SA has to say and just do it...go to meetings, daven to hashem, connect with real people....i cant do it alone but with the help of this forum, my group and of course, the big ole sensei in the sky, maybe...just maybe....

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Re: tryin
Posted by Markz - 20 Aug 2018 04:28

Cord,

Nice re-posts

I just wanted to point out for the re"cord"

It was cute how you kept your sobriety stretch for many days after thousand at "**1111 days**" a true semblance of one day at a time!

Keep inspiring the whole crew - 1234, TODAY!

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Re: tryin

Posted by cordnoy - 20 Aug 2018 05:03

[Markz wrote on 20 Aug 2018 04:28:](#)

Cord,

Nice re-posts

I just wanted to point out for the re"cord"

It was cute how you kept your sobriety stretch for many days after thousand at "**1111 days**" a true semblance of one day at a time!

Keep inspiring the whole crew - 1234, TODAY!

Thanks for noticin'. I haven't decided what's next yet.

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