

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 pischoshelmachat - 07 Oct 2013 01:47

Mazel Tov to you. 104 days. Like the ketores. Dakka min hadaka. Dak is gematria 104. You inspire me. Please daven for me so that I can also be gebenshed with sobriety.

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Re: tryin

Posted by cordnoy - 31 Oct 2013 18:31

people (bachurim) were askin me regarding my progress....B"H I am doing well. I did have a fall after 115 days. Has been now 21 days since then. Doing well with wife. B"H again, for over 200 days. The chizuk everyone gives is great. Working with therapist to sort out my emotions, and progress is happening. Halevay veiter!

b'hatzlachah to all

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Re: tryin

Posted by cordnoy - 19 Nov 2013 19:24

Not really counting; just updating.

Doing well...thanks.

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Re: tryin

Posted by ddm11219 - 19 Nov 2013 19:34

???? ?????? ?????? ??? Cordnoy

keep it up

keep us posted

keep on being a sample to us

keep up the bringing of Mashiach

p.s. Missing u

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Re: tryin

Posted by cordnoy - 29 Dec 2013 10:16

some quick hitters:

1. day 80 second time
2. not sure 100 % why im a bit awol
3. some have made suggestions
4. I am workin' with some people on "not fallin"
5. it is now 200 days without bad sights....that is after thousands days of lustin' ...perhaps with some breaks in between.... my goodness; those coals will be damn hot!
6. ksa"hm has been a good thing for me...not perfect in it yet, but tryin' every night
7. I thought I knew why I went awol a bit, but im not sure any longer...I know I am a bit calmer because of it
8. hatzlachah to us all!!!

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Re: tryin
Posted by Pidaini - 29 Dec 2013 10:45

thanks for the update

Hatzlacha Rabbah in doing the right thing for you!!

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Re: tryin
Posted by chesky - 29 Dec 2013 13:33

[cordnoy wrote:](#)

2. not sure 100 % why im a bit awol

3. some have suggested it is because I plan on fallin' in second week of January

That's fine. So long as TODAY we stay clean. One day at a time!

I thought we had given up calculating the temperature of hell! Didn't we agree to leave that to G-d.

But if you want my opinion, I definitely think that the 200 days, are going to get you some very sweet Gan Eden.

But lets forget it. The main thing is that we stay clean and connected to G-d TODAY.

Chesky

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Re: tryin
Posted by cordnoy - 29 Dec 2013 18:50

thanks

I had given up, but when I wrote thousands, and during this ongoing process of sliding, 'hot coals' is what I thought of

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Re: tryin

Posted by chesky - 29 Dec 2013 21:17

if you atr focusing on numbers, focus on the 200 not on the 11,000

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Re: tryin

Posted by chesky - 29 Dec 2013 21:17

if you are focusing on numbers, focus on the 200 not on the 11,000

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Re: tryin

Posted by cordnoy - 04 Mar 2014 19:02

Third time around...haven't thought about the 11,000 for several weeks now.

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Re: tryin

Posted by TehillimZugger - 05 Mar 2014 04:29

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Re: tryin

Posted by cordnoy - 05 Mar 2014 06:58

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Re: tryin

Posted by TehillimZugger - 06 Mar 2014 02:16

I figgered you can always use some extr g's handy

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Re: tryin

Posted by cordnoy - 06 Mar 2014 02:17

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