

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

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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 MayanHamisgaber - 08 Jan 2017 18:18

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though the gemara does seem like that it was more than an air issueRRav chaim kreisworth.

Message to workin' people.

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Re: Tryin'

Posted by MayanHamisgaber - 08 Jan 2017 18:19

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[cordnoy wrote on 08 Jan 2017 16:12:](#)

[MayanHamisgaber wrote on 08 Jan 2017 14:24:](#)

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Message to workin' people.

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Re: Tryin'

Posted by MayanHamisgaber - 08 Jan 2017 18:24

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[cordnoy wrote on 08 Jan 2017 16:11:](#)

[MayanHamisgaber wrote on 08 Jan 2017 14:23:](#)

[cordnoy wrote on 08 Jan 2017 14:05:](#)

The main point is that it needed to breathe wholesome air in order to be saved.

if this is a question correct if this is a statement great synopsis

what is a slip card?

Statement.

15 minutes free on youtube.

thanks for the offer but that is exactly where I fell last time and I can't go there again (for now at least)

by the way MAZAL TOV on your' 300th karma count kain yirbu

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Re: Tryin'

Posted by stillgoing - 08 Jan 2017 20:14

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[MayanHamisgaber wrote on 08 Jan 2017 12:00:](#)

[cordnoy wrote on 06 Jan 2017 16:13:](#)

Question: there was a huge giant animal that couldn't fit in the Ark. How was it saved?

Correct answer gives you a "free slip" card.

what's a free slip card?

If you don't know what it is, you probably don't want it. I'll take it off your hands for you, and you don't even have to pay shipping!

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Re: Tryin'  
Posted by MayanHamisgaber - 08 Jan 2017 20:50

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thanks appreciate that SG things are a little tight right now didn't know what to do with the shipping issue....

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Re: Tryin'

Posted by cordnoy - 09 Jan 2017 01:14

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[MayanHamisgaber wrote on 08 Jan 2017 18:19:](#)

[cordnoy wrote on 08 Jan 2017 16:12:](#)

[MayanHamisgaber wrote on 08 Jan 2017 14:24:](#)

though the gemara does seem like that it was more than an air issue

RRav chaim kreisworth.

Message to workin' people.

???

The vort was from him.

Workin' people need to breathe the wholesome air of a makom Torah in order to survive the mabul of the outside world.

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Re: Tryin'

Posted by thanks613 - 09 Jan 2017 01:51

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[cordnoy wrote on 09 Jan 2017 01:14:](#)

[MayanHamisgaber wrote on 08 Jan 2017 18:19:](#)

[cordnoy wrote on 08 Jan 2017 16:12:](#)

[MayanHamisgaber wrote on 08 Jan 2017 14:24:](#)

though the gemara does seem like that it was more than an air issue

RRav chaiim kreisworth.

Message to workin' people.

???

The vort was from him.

Workin' people need to breathe the wholesome air of a makom Torah in order to survive the mabul of the outside world.

Hmmm.. I know that vort. But I doubt many people would..

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Re: Tryin'  
Posted by MayanHamisgaber - 09 Jan 2017 12:39

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cordnoy

thanks for the explanation but I don't agree that only working people need the wholesome air of a makom Torah even yishievah bachurim and avriechim need it to (i can vouch for this as i am among them for now)

but maybe that is what he meant also and was just talking to a specific crowd.

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Re: Tryin'

Posted by cordnoy - 10 Jan 2017 14:38

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[MayanHamisgaber wrote on 09 Jan 2017 12:39:](#)

cordnoy

thanks for the explanation but I don't agree that only working people need the wholesome air of a makom Torah even yishievah bachurim and avriechim need it to (i can vouch for this as i am among them for now)

but maybe that is what he meant also and was just talking to a specific crowd.

the main point was for people who are not occupied in learning.

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Re: Tryin'

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Posted by MayanHamisgaber - 15 Jan 2017 12:40

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sorry took so long to reply having trouble posting hopefully fixed...

thought that was the point of the drasha thanks for clarifying

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Re: Tryin'

Posted by cordnoy - 16 Jan 2017 01:22

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[MayanHamisgaber wrote on 15 Jan 2017 12:40:](#)

sorry took so long to reply having trouble posting hopefully fixed...

thought that was the point of the drasha thanks for clarifying

No problem at all.

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Re: Tryin'

Posted by cordnoy - 16 Jan 2017 01:24

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***A great post by skeptical:***

I'm going to split my response into two posts. This one will talk about addiction, and how it works. The next will talk about what Rabbis and schools can do to help prevent people from becoming addicted to **anything**.



**The short answer is no**, not everybody can become an addict today. Nobody can make anybody an addict, not even people in the porn industry. And people can be exposed to such things without becoming addicts.

Here's the long answer..

**".....more addictive than crack cocaine!"scream the headlines.**

It seems every day there's a new thing that is being heralded as more addictive than crack cocaine. In fact, before I started writing this post, I did a Google search for "more addictive than crack cocaine," and found that (in order of the results) video games, Oreos, porn, journalism, cellphones, nicotine, shortbread cookies, sugar, speed dating, positive reputation, cheese, botox, superglue, fantasy sports, online gambling, and candy make the cut.

What does this tell us?

It tells us that everything is as addictive as everything else. It's not about what the **thing** is, but who the person is, what they find pleasurable and how they deal with conflict in their lives.

### **What is addiction?**

Life is often filled with stress and challenges.

If you're a healthy individual, you accept that life is not perfect. You do your best, accept that life is sometimes unpleasant, and are content with the hand you're dealt. You know that there is nothing more you can do, and you accept what Hashem has given you - sameach b'chelko (or as the 12 Steppers call it, serenity).

The addict deals with stress and challenges differently. When things aren't going their way, they feel a sense of doom. To deal with this, they seek a way to escape, a way to soothe their pain with good feelings, a way to feel in control. What a person turns to can be anything they find pleasurable or gives them a sense of control, or both - food, shopping, alcohol, drugs, porn, and apparently even superglue and botox.

Life is out of control. I need to make myself happy. I know! I'll go shopping! I'll feel in control that I can buy whatever I want, something that will make me happy! Those shoes look nice! And those chatchkas! And that - that is so cute, I'll take one of those too! Then the bill comes. Ugh, reality. I can't believe I spent so much money. Life is out of control. I need to make myself happy. I know! I'll go shopping!...

Life is out of control. I need to make myself happy. I know! I'll eat some chocolate! And some cake! And what else can I find in the fridge?? Then I look in the mirror. Ugh, reality. I can't believe I ate so much, and it didn't even taste **that** good. Life is out of control. I need to make myself happy. I know! That chocolate looks good!....

Life is out of control. I need to make myself happy. I know! Getting shikkur is the answer! I'll be the best singer! The best dancer! The best everything! Not a care on my mind! Then I feel sick with a hangover, I feel like a pig, and my boss and family are angry at me for neglecting them. Ugh, reality. I can't believe how much I drank. I don't feel good, and everyone's angry at me. Life is out of control. I need to make myself happy. I know! Getting shikkur is the answer!...

Someone on GYE tried to tell me that food manufacturers hold board meetings to see what kind of chemicals they can add to food to make it addictive. He brought up Pringles as an example, and told me that they even hint to it in their motto, "Once you pop you can't stop!" Now, I buy Pringles regularly, and I enjoy them (particularly barbeque flavor). But I certainly can stop before I finish the entire can, and when I don't have a can in front of me, I'm not obsessing about when I can next enjoy them. I'm not running out to the store at the next available time to restock.

Nobody can make anything more or less addictive. That's not the way addictions work. They can only try to make things as enjoyable as possible. If they make it enjoyable, people will buy it. People who feel the need to escape life and can't get enough of what they find enjoyable to the point of obsession, will buy much much more of it.

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Re: Tryin'  
Posted by thanks613 - 16 Jan 2017 05:42

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I agree with most of that. But Sour Cream 'N and Onion is way better than BBQ (oops-chalav  
stam!)

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Re: Tryin'  
Posted by Singularity - 16 Jan 2017 06:44

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[thanks613 wrote on 16 Jan 2017 05:42:](#)

I agree with most of that. But Sour Cream 'N and Onion is way better than BBQ (oops-chalav  
stam!)

Seconded that!

And thanks cordnoy. Very true. And thanks Skeptical. Thanks all y'all.

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