

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 cordnoy - 01 Mar 2017 20:55

This was worth noticin':

In order therefore to be a little more precise, it may be better to explain rationalism in terms of practical attitudes or behaviour. We could then say that rationalism is an attitude of readiness to listen to critical arguments and to learn from experience. It is fundamentally an attitude of admitting that '***I may be wrong and you may be right, and by an effort, we may get nearer to the truth***' [italics his]. It is an attitude which does not lightly give up hope that by such means as argument and careful observation, people may reach some kind of agreement on most problems of importance. In short, the rationalist attitude, or, as I may perhaps label it, the 'attitude of reasonableness', is very similar to the scientific attitude, to the belief that in the search for truth we need co-operation, and that, with the help of argument, we can attain something like objectivity.

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Re: Tryin'

Posted by cordnoy - 08 Mar 2017 18:13

AI quote from Rabbi Dr Abraham Twerski:

A lobster is a soft mushy animal that lives inside of a rigid shell. That rigid shell does not expand. Well, how can the lobster grow?

Well, as the lobster grows that shell becomes very confining and kind of the lobster feels itself under pressure and uncomfortable.

It goes under a rock formation to protect itself from predatory fish, casts off the shell and produces a new one.

Well eventually that shell becomes very uncomfortable as it grows... back under the rocks – good.

I think the lobster repeats this numerous times, the stimulus for the lobster to be able to grow is that it feels uncomfortable.

Ok, now if lobsters had doctors, they would never grow, because as soon as the lobster feels uncomfortable it goes to the doctor, gets a Valium, gets a Percocet, feels fine. Never casts off his shell. So, I think, what we have to realize – we have to realize is that times of stress are also times that are signals for growth. And if we use adversity properly, we can grow through adversity.

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Re: Tryin'

Posted by cordnoy - 09 Mar 2017 01:42

Meredith!?

Whol da.....?

Or, did her name just happen to rhyme?

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Re: Tryin'

Posted by cordnoy - 15 Mar 2017 23:42

Lustin'.

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Re: Tryin'

Posted by Markz - 16 Mar 2017 00:36

[cordnoy wrote on 15 Mar 2017 23:42:](#)

Lustin'.

I'm happy to see you managed a full stop after the g. Baruch Hashem

How did you manage that?

I too was lusting a little (too much) last night - I was tired sheesh, but BH I held up somehow thanks to my commitment to gye

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Re: Tryin'

Posted by Shlomo24 - 16 Mar 2017 00:49

Thanks for sharing.

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Re: Tryin'
Posted by Markz - 16 Mar 2017 04:07

Sorry to hear you're going thru Tryin' times

Btw gye just uploaded the Lobster Vid this week

gye.vids.io/videos/d49ad9b2141de8c55c/the-lobsters-shell

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Re: Tryin'
Posted by Singularity - 16 Mar 2017 07:36

Though you must know it helps us newbies tremendously to know veterans still lust. Or at least it gives me an air of calm. Haha. So thank you.

But hatzlocha nevertheless!

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Re: Tryin'
Posted by MayanHamisgaber - 16 Mar 2017 09:46

Sorry to hear that you are having a hard time

Salvation should come soon

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Re: Tryin'

Posted by cordnoy - 16 Mar 2017 11:39

Thanks all.

Much appreciated.

Was gonna text my wife somethin' that I would regret later. Thought better of it and deleted before hittin' send.

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Re: Tryin'

Posted by MayanHamisgaber - 16 Mar 2017 11:46

Kol Ha Kuvod

How'd you do it pure willpower or something else?

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Re: Tryin'

Posted by cordnoy - 16 Mar 2017 11:49

[MayanHamisgaber wrote on 16 Mar 2017 11:46:](#)

Kol Ha Kuvod

How'd you do it pure willpower or something else?

Was able to have three second to think before sendin'.

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Re: Tryin'
Posted by MayanHamisgaber - 16 Mar 2017 11:52

Wish I could have/remember to do that....messed up with that this morning didn't say a mean thing just a thoughtless one..

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Re: Tryin'
Posted by GrowStrong - 16 Mar 2017 12:08

[cordnoy wrote on 16 Mar 2017 11:39:](#)

Thanks all.

MuchI appreciated.

Was gonna text my wife somethin' that I would regret later. Thought better of it and deleted before hittin' send.

I have found that I've started to do this a lot more often since I started recovery. It's all connected to the same concepts of impulsivity and gaining a handle on it.

good deal

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