

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 Mesayin - 16 May 2017 21:56

[Shlomo24 wrote on 16 May 2017 21:52:](#)

Self-esteem is overrated.

And your evidence for that?

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Re: Tryin'

Posted by Workingguy - 17 May 2017 00:24

[Mesayin wrote on 16 May 2017 21:56:](#)

[Shlomo24 wrote on 16 May 2017 21:52:](#)

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And your evidence for that?

Esteem as a verb means the value that you have for yourself and the respect you feel or show to yourself. Self esteem means to self value and respect. I would think he would know how much he values and respects himself.

And Cordnoy is right as well- some people have issues because they feel highly about themselves and sort of feel they are entitled to act out or basically, their arrogance is what gets them in trouble.

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Re: Tryin'

Posted by yiraishamaim - 17 May 2017 02:19

[cordnoy wrote on 16 May 2017 14:55:](#)

[Mesayin wrote on 16 May 2017 14:50:](#)

[cordnoy wrote on 16 May 2017 01:28:](#)

"cordnoy" post=313239 date=1494898115 catid=1

Would you say someone suffering deeply from addiction has low self esteem or a high self esteem?

Il would not know.

I'm assumin' you think the answer is low self esteem. By me, however, it was and is high self esteem. I know others with similar tendencies. I know addicts who have low self esteem as well.

I understand that a person who begins to act out even on a regular basis may well have either a high or low self esteem. However, wouldn't most yeshiva trained guys feel at some point bad about their behavior? Once they realize they truly cannot stop their self-esteem must plummet.

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Re: Tryin'
Posted by cordnoy - 17 May 2017 02:26

[yiraishamaim wrote on 17 May 2017 02:19:](#)

[cordnoy wrote on 16 May 2017 14:55:](#)

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Feelin' bad does not necessarily equal low self esteem.

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Re: Tryin'

Posted by Markz - 17 May 2017 02:29

[yiraishamaim wrote on 17 May 2017 02:19:](#)

[cordnoy wrote on 16 May 2017 14:55:](#)

[Mesayin wrote on 16 May 2017 14:50:](#)

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If the behaviour is egged on by the ego, how would repeating such behaviour bring is to realize that the high esteem is the cause of the problem?

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Re: Tryin'
Posted by cordnoy - 17 May 2017 02:34

That is the advantage of a therapist.

Additionally, talkin' to others who know your full story.

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Re: Tryin'

Posted by yiraishamaim - 17 May 2017 02:38

[cordnoy wrote on 17 May 2017 02:26:](#)

[yiraishamaim wrote on 17 May 2017 02:19:](#)

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True - just saying if at some point a person says ok I really better stop or slow down my habit and he simply cannot- that frustration is a definite downer.

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Re: Tryin'
Posted by Shlomo24 - 17 May 2017 12:26

I have a high self-esteem. (I took a clinical test that is used by many psychologists and psychiatrists. Called the "Beck self-esteem scale.") It may give me some more serenity, but that's it. I don't act or because of self-esteem and I don't get sober through self-esteem. I think many of us are trained to focus so much on self-esteem because we know that the core of many pathologies is self-esteem. But in my experience, focusing on my self-esteem or lack thereof was not very helpful to me.

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Re: Tryin'
Posted by Mesayin - 17 May 2017 13:49

[Workingguy wrote on 17 May 2017 00:24:](#)

[Mesayin wrote on 16 May 2017 21:56:](#)

[Shlomo24 wrote on 16 May 2017 21:52:](#)

Self-esteem is overrated.

And your evidence for that?

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And Cordnoy is right as well- some people have issues because they feel highly about themselves and sort of feel they are entitled to act out or basically, their arrogance is what gets them in trouble.

You obviously haven't studied about self esteem. Every psychology book I have read and every lecture I have heard says that a high self esteem makes a lower ego and less arrogance and more humility.

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Re: Tryin'

Posted by GrowStrong - 17 May 2017 13:55

[Mesayin wrote on 17 May 2017 13:49:](#)

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I can only talk from my personal experience.

My self esteem is very high and my ego is larger.

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Re: Tryin'

Posted by Mesayin - 17 May 2017 13:57

[GrowStrong wrote on 17 May 2017 13:55:](#)

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Miscommunication here.

The self esteem you are referring might not be the same self esteem that is referred to psychology.

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So what I understand you really meant (and correct me if I'm wrong):

A high self esteem "alone" will not help someone overcome addiction. However you admit that a high self esteem may give more serenity, which means a low self esteem cause less serenity.

Have you met someone with little serenity that has overcome addiction?

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Re: Tryin'
Posted by Workingguy - 17 May 2017 14:51

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Miscommunication here.

The self esteem you are referring might not be the same self esteem that is referred to psychology.

So to clarify- because I haven't even really understood who you've been commenting to and who the miscommunication has been with- there are indeed two different things that I was talking about.

One is self esteem from a psychological perspective, as you pointed out. Indeed, when people have a healthy sense of self/self esteem, it indeed CAN help them refrain from acting out, because it is beneath them. The Torah is very clear about that as well- someone who really believes he is a prince will not hang out in the gutter.

And indeed, such a person can have more room to be humble, generous, etc. And Shlomo, I personally have found that when I've been able to feel better about myself, I don't act out because I think it doesn't make sense for who I am.

But Mesayin, the point I was making is that Cordnoy would know whether he holds himself in esteem or not, and by that I meant by the literal definition of the word.

And I want to add one thing- as someone who's been in therapy for five years, and has 25 psychology books in my bathroom alone and is overly psychological (as many of my posts show), don't believe everything that psychology tells you.

There are people who have very healthy self esteem and are still self centered, selfish, etc. Think about it this way- the Torah is very against arrogance. But we know that according to psychology, arrogant people have low self esteem and it's coming because they have a hole to fill. So how come we say that HaShem says He can't reside in the same world as such a person?

And some answer like you might- that it's because he has such a low image of himself that HaShem won't hang with him.

But the real answer according to most is that sometimes, people have a high level of self esteem that would meet the psychological criteria and yet are selfish.

There are numerous sources that indicate this- that a person can misunderstand his role in the world Davis because he has healthy self esteem- and that he has to channel his self esteem to make him interested in others.

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I hear and I respect your knowledge about this.

However, Rabbi Dr. A.J. Twerski has written a ton of books about self esteem and seems to be convinced that a healthy self esteem creates selflessness and not selfishness (I dislike fish by the way). The aforementioned Dr. Dovid Lieberman also preaches that.

I am compelled to think that way too unless I get facts and evidence otherwise. Would you have that evidence? Do you know of any other psychologists that say otherwise?

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