

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 - 25 Apr 2018 19:24

Still need to do # 4:

Tomorrow's call - 12:30.

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Re: Tryin'

Posted by cordnoy - 26 Apr 2018 15:09

Call # 4:

Thank God, we had 20 people involved in the calls on Tuesday.

Quick recap:

1. Action book - We became antisocial, lost jobs, unfulfillin' life, for we were too distracted, Teeterin' on the edge of chaos, we wrecked careers, homes, lives, been hospitalized, attempted suicide or even killed ourselves (?) because sexaholism destroyed our physical, emotional and spiritual bein'.

Members share: I would not admit failure; I was not goin' to be defeated. Life was spirallin' outta control, yet I knew I could make it work - until I couldn't. Again and again, I made the same damn promises to stop; no matter how hard I tried, I could not stop. Heard the welcome call: Let go and let God!

I forgot that it was my best thinkin' that got me into the mess that I called my life.

My powerlessness went beyond anythin' I could have imagined. I would scan both sides of a busy street for objects of my lust. My first impulse was lust; my second was shape; guilt followed immediately.

As my sobriety has grown thru months of workin' the program, I have become aware of even more ways in which my life had become unmanageable because of sexaholism. It is truly bafflin' to me that i could not see it clearly until I had been in recovery for some time.

2. Big book - Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. Truly bafflin' - the utter inability to leave it alone - no matter how great the necessity or the wish to stop.

3. White book - H.A.L.T. We learn the difference between indulgin' ourselves and takin' care of ourselves. We begin findin' what our lust was really lookin' for. Starts as an overpowerin' desire, demand that produces a high - somethin' to get us out of ourselves. Relief and pleasure - we seek it repeatedly and compulsively. It begins as a copin' mechanism; it dissolves tension, relieves depression..... it has the apparent effect of reducin' isolation and loneliness and providin' escape.

What seems to promise life is really takin' away our lives.

It takes on a life of its own and becomes addictive.

4. Reb Meilech - mora - don't sit in father's seat; says the Sfas Emes that the RBS"O tells us,

"Don't sit in your Father's seat; I am 'feerin' (runnin') the world; not you." Let Him run it.

Today - 12:30 iy"H.

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Re: tryin

Posted by cordnoy - 27 Apr 2018 13:57

[cordnoy wrote on 06 Mar 2018 23:39:](#)

In a response to someone who was blamin' God, I wrote:

I'm sorry you feel that way.

I try to remain in the background, but I must say a few things (some may be unpopular).

My life (of well over four decades) - I was surrounded by sickness, death, hospitals, disease, pain, therapists, doctors, psychiatrists, jail, anguish, danger, and more, and by this I am includin' parents and grandparents (young ones), spouse, children, siblings, teachers and students, and I am not referrin' to flus, chicken pox and speedin' tickets.

And yes, all of my wonderful life I chose to ignore this and escape by the only means I knew how, and that was thru the wonderful world of lust, and boy was I good at that.

And when I began to recover, I would recoil when people spoke about God and higher power and stuff like that, for I had no idea who they were referencin'. Mind you, I am a shomer torah umitzvos par excellence. It's not that I didn't believe in God; I just didn't know Him. And I still don't. I struggle with good and bad and Hashem's will and evil, but I block that all out, for the most part.

I made the lousy decisions, and I needed to fix them. I went to therapists and specialists and sponsors and meetings. It was my resolve that I messed up and I need to climb outta it. Was there Divine help? I have no idea, nor do I care. Do I feel more of a connection now that I'm sober for over three years? At times.

But if I choose to think too much, I could get very angry, so therefore, I don't.

Recovery is too precious. I am finally livin' a life, although there is so much pain around me. The pain stinks and sucks, but I need to live, and that is only thru sobriety.

God speed to all.

yesterday evenin' sucked.

[The night felt good (sleepin' on da couch).]

Mornin' ain't much better.

In the distant past, I'd have my soothin' outlets.

In the recent past, I'd at least entertain it.

I should have worked some of my tools.

Instead, I just basically shut my mouth, breathed deep, watched sports and fell asleep with a sefer.

Sadly, I feel sad that I didn't even entertain an alternative (unhealthy) option; I know that part of me is still there, but it didn't rear its head. Oh well.

Onward.

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Re: tryin

Posted by cordnoy - 01 May 2018 11:55

Let's try for 2:30 est today.

Thank you

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Re: tryin

Posted by cordnoy - 06 May 2018 17:19

Sorry, but it doesn't look like I'll have much time for the recaps.

It is bein' recorded.

Tuesday's call God-willin' will be @ 1:30 pm EST.

?Luz Em feerin' - Let God run the world - it is His after all.

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Re: tryin

Posted by cordnoy - 08 May 2018 16:20

Still aimin' for 1:30 today, God-willin' - Step 1 and Step 2 stuffin'.

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Re: tryin

Posted by cordnoy - 10 May 2018 14:41

Call today, God-willin', will be @ 2:30.

Tuesday, there will not be a call, and Thursday's will be earlier in day.

?Thank you for this opportunity.

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Re: tryin

Posted by cordnoy - 10 May 2018 17:31

[cordnoy wrote on 10 May 2018 14:41:](#)

Call today, God-willin', will be @ 2:30.

Tuesday, there will not be a call, and Thursday's will be earlier in day.

?Thank you for this opportunity.

My apologies. I need to cancel today.

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Re: tryin

Posted by cordnoy - 17 May 2018 12:27

Call today will be at 2:30 est God-willin'.

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Re: tryin

Posted by cordnoy - 17 May 2018 12:30

[cordnoy wrote on 17 May 2018 12:27:](#)

Call today will be at 2:30 est God-willin'.

My apologies; Call today will be at 1:30 est God-willin'. (1:30)

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Re: tryin

Posted by cordnoy - 22 May 2018 16:40

A gutten isru chag; hope yom tov was well by all.

There will not be a call today, but please let us know your preferred time for all future Tuesday and Thursday calls. As we discussed on last call, we need to make a fixed time. There will be more cancellations this way, but for the sake of sanity, it needs to be done.

?Thank you

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Re: tryin

Posted by cordnoy - 23 May 2018 17:45

Thank you. As next week Tuesday and Thursday are crazy and I will probably not be able to call, let's just schedule for tomorrow, Thursday, and continue the discussion for best times. Thank you for the emails.

Tomorrow, let's do 3:00 est please.

?Thank you

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Re: tryin

Posted by cordnoy - 24 May 2018 19:22

Humblin' experience today.

Heard music on both my calls.

Well, I finished step 3 (finished...ha!), and I'm ready to work step 4, but really work it.

If anyone would like the first sheet, please send me an email.

Peace was the direct result of a life where I did not need to be in charge anymore. Broodin', frettin', resentin', and lustin' were replaced with the simple responsibility to seek, listen and follow.....it manifested in all aspects of my life, my relationships, my work, my finances and even my health. This was the natural consequence of placin' my life under better management.

Next week we are off.

Please let me know if 12:15 on Tuesday's and 3:00 on Thursday's work.

God speed!

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Re: tryin

Posted by Rcl2017 - 26 May 2018 05:37

Just had dinner and a safe movie with my son and his significant other. What a gift recovery is giving to me. Present and grateful. GYE tools were right there for me tonight especially at the restaurant. Not perfect but definite progress. Going to bet grateful

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