

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 cordnoy - 03 Aug 2014 07:27

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actually that is what I mean.

By tryin' harder, I mean to realize that it is not just a peek that I'm givin' in to, but it is rather the antithesis of livin' life the way I should....somethin' that I referred to as 'death' in the past.

With that in mind - I should prevail.

We will let you know.

Thanks

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Re: Tryin'

Posted by cordnoy - 08 Aug 2014 14:40

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I am findin' that between the first and second looks there is more time in between than before.

It used to be instantaneous; now there is time to think.

I am assumin' that comes with some type of practice and it develops into instinct.

Now, the Kuntz is to think the right thoughts in between.

The two thoughts lately (obvious ones):

1. What da hell am I gonna gain by lookin' again?

2. Life or death?

Most times we can report success. I remember one time vividly answerin' the first question with, "whad'ya mean I'll gain nothin'....I will gain the knowledge of determinin' if she is as good lookin' from the frontal view as from the rear view." aha.....that is a true benefit. What will I then do with that knowledge? Where precisely will that pertinent piece of information be stored?

don't answer that.

b'hatzlachah

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Re: Tryin'

Posted by Pidaini - 08 Aug 2014 21:16

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I was going to ask you right when you started writing about the looking thing, but I thought that it was just a passing thing, but now that you bring it up again, I was wondering the following. I find that there are two reasons that I become lax in a certain thing that I had been following religiously. One is become it was a geder, something that should keep me away from something and I felt complacent enough to take the risk. The second is that I didn't have patience for doing it anymore, I want to live "normally" again.

Do you relate to those? or is it something entirely different? or would you rather not think about it?

(I think there are different tools that need to be used for those, for the first, we just need a quick reminder that it's not worth it and life is great without it. For the second I need a more direct surrendering of my "rights" and my expectations of how my life is supposed to look.)

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Re: Tryin'

Posted by cordnoy - 10 Aug 2014 21:38

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I relate to those, but my me, at least now, it is neither, and that is because I am not into the thinkin' like you know...it is simply because it feels good. If I would think about it, it probably would be a combination of the two ideas you mentioned.

Thanks

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Re: Tryin'

Posted by shivisi - 11 Aug 2014 12:05

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[Pidaini wrote:](#)

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I'm not sure if this is relevant in the case of Gedarim against lust, but it can be food for thought.

One of my Rosh Yeshivos once told us that if a person makes a Geder for himself, and after a short time decides that he's not interested in keeping the geder anymore, it's USUALLY because originally when he made the geder he "bit off MORE than he could chew!"

Only Chazal could make Gedarim which were EXACTLY the right strength for the relevant nisayon. When we make our own Gedorim we have to keep trying until we find what works for us, but the key is LITTLE BY LITTLE or you wont be able to keep it and it will defeat the purpose.

Thanks for being with us ?????? ?? ?????? ?????.

COME BACK SOOOOOOOOOOOOOOOOON!!!!

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Re: Tryin'

Posted by cordnoy - 11 Aug 2014 12:59

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I got the feelin' many times that Chazal's gedarim were somewhat to the extreme in order to 'cover all the bases,' and to ensure that the particular issur or whatever wasn't violated at all - in any circumstance.

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Re: I am Just Curious about.....I am not Lustin'

Posted by cordnoy - 11 Aug 2014 19:05

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Due to several emails and conversations and threads, i was thinkin' about startin' a new thread for this upcomin' topic, but decided against it.

Consider here a thread titled: I am just Curious about.....I am not Lustin'

This mornin'.... I was curious about.....

....how the woman in her joggin' suit looked in the rain

....how my wife looked as she was gettin' dressed

....how the singer singin' on the radio 'on and on and on and on' appears on youtube

....how the camp counselor walks in her slinky long skirt

....a different singer - if she ever sang in her birthday suit

Now, each of these thoughts lasted less than 3 seconds (Skep...is that ok?), and only one of the five did I actually attempt to actualize.

That lead to my conclusion.....I was only curious....I wasn't lustin'.

**Warning: Spoiler!**

[Ed. note: to be fair to Skep - even though I was jokin'....Skep means (I think) that if one simply notices a woman and his notice lasts less than three seconds - that is simply the way us men are wired, and one should not take stock of that; one should not klap al cheit and go to Arizal's mikvah and do the 40 kachalim - that is ok (certainly for the non-addict, whomever that may be); if he looks more, he is lustin'. Additionally, if one turns to look at a sight he would find pleasure in - even if it is less than three seconds - that also constitutes lustin'.]

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Re: I am Just Curious about.....I am not Lustin'  
Posted by lavi - 11 Aug 2014 23:12

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i am curious if skep really meant that.

maybe one has to make a conscious effort not to notice women even if there is no attempt to actualize.

and the wire is a lust wire, just maybe a very thin wire

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Re: I am Just Curious about.....I am not Lustin'  
Posted by cordnoy - 11 Aug 2014 23:16

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The mechaber leibt shoin....so he can answer for himself.

But after I posted, he looked and approved.

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Re: I am Just Curious about.....I am not Lustin'  
Posted by shivisi - 12 Aug 2014 01:03

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[lavi wrote:](#)

i am curious if skep really meant that.

so you can put that on YOUR curiosity list.

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Re: Tryin'

Posted by unanumun - 12 Aug 2014 16:24

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Hey Cordnoy,

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Re: Tryin'

Posted by cordnoy - 12 Aug 2014 17:19

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[unanumun wrote:](#)

Hey Cordnoy,

I believe that the lusting causes the curiosity.

I believe they are one and the same.

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Re: Tryin'

Posted by cordnoy - 12 Aug 2014 19:08

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There was a lot of positive feedback on the highway signs; the oilam wanted more.

Here is the initial post, and below are the additions.

I would like to encourage you to KOT (keep on truckin'); I'm just not sure which highway you're on.

There are many roads here; most of them lead to the same direction.

is the Godly way. Hashem is here; Hashem is there; He will protect me from any second stare.

Then there is the "12 - steppers" and those who like parables dealin' with steak and sushi. Are you an addict? This might be for you? But then again; do you like raw fish; well-done ribs? Perhaps not then.



There are those who say the JDI approach (Just Do It); Get to 90 days and you'll be ok.

This is my personal favorite. Which direction you wanna go?

So bottom line; let us know more and each one of us will tell you what worked for us and what didn't.

First things first though....Get on da damn truck!

b'hatzlachah

additions:

No 'falls,' 'slips,' or 'accidents' on da road!

This one doesn't need a caption; we just need the rig up in front.

Who relates to this?

ya' think anyone is so haughty about his opinions? not on this site!

Scare tactic!

Bottom line; get on da freakin' road!

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Re: Tryin'

Posted by cordnoy - 12 Aug 2014 19:09

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