

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 ineedchizuk - 03 Sep 2014 04:02

'?????? ?? ???? ???? ????? ?????? ?????? ??????'

-Even when we don't realize how well meaning we are, Hashem DOES know our true intentions.

Perhaps those words will take on new meaning this coming yamim noraim.

So again ?' ?????, thanks for teaching me how to truly do tshuva- ??? ?????!

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Re: Tryin'

Posted by lavi - 03 Sep 2014 08:50

you forgot the shlita.

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Re: Tryin'

Posted by cordnoy - 03 Sep 2014 17:30

[Bigmoish wrote:](#)

cordnoy: I recall reading numerous times on this forum that we shouldn't spend too much time trying to figure out if we are real addicts or not. Does the post you quoted from Dov seem to indicate otherwise, or am I misunderstanding something?

im not sure.

there might be a difference to spendin' time thinkin' about it, or just figurin' it out.

there are differences between the two.

skep (and several others) are the authority on this one.

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Re: Tryin'

Posted by cordnoy - 03 Sep 2014 17:41

[ineedchizuk wrote:](#)

Now, you may have deliberately picked Rabbeinu Yona's wording over the Rambam and Ramban, and chose to take him literally that only all of that encompasses charata. Even according to your understanding of the Rabbeinu Yona, you're okay.

I came across this today on Skep's thread:

[cordnoy wrote:](#)

So, my answer why I'm stopping, or at least trying again, up until membership here was =od, low, family, lachar 120 etc.

However, now I know that there is only one reason.

The lust for tayvah replaced the lust for Hashem. I. NEED to get that back.

One cannot happen without the other.

To be cont...

Thank you skeptical and others

That sure was eye-openin'!

I was even sure that it must have been a quote from someone else.

It wasn't.

And several posts later:

[cordnoy wrote:](#)

Skeptical

Ultimately every person has to decide what will cause him to improve

It seems you are saying that this sin is compared to anger, greed, ego etc and you need to work on that challenge

That is fine

I view it differently

I viewed it similar to arayos, especially owing to the manners in which I acted out

Since I joined gye, I now view it as a lust which distances ourselves from god, for we need to focus our lust after Him.

Thank you

Once I joined gye

So, there certainly was that feelin' on that day.

I will need to do some thinkin' before commentin'.

thanks so much

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Re: Tryin'

Posted by ineedchizuk - 03 Sep 2014 18:13

Thinkin'?

Sounds dangerous to me! :-)

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Re: Tryin'

Posted by ZemirosShabbos - 03 Sep 2014 18:18

yeah, lotta thinking (or thinkin') going (or goin') on here

time for some thought-free cholent

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Re: Tryin'

Posted by cordnoy - 03 Sep 2014 20:06

[ineedchizuk wrote:](#)

Thinkin'?

Sounds dangerous to me! :-)

But what choice do I have now?

simply forget about what I wrote over a year ago, or should I do some real soul searchin'?

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Re: Tryin'

Posted by lavi - 03 Sep 2014 20:15

[ZemirosShabbos wrote:](#)

yeah, lotta thinking (or thinkin') going (or goin') on here

time for some thought-free cholent

But what choice do I have now?

simply forget about what I wrote over a year ago, or should I do some real soul searchin'?

either way, have some cholent first. if it won't cloud your mind.

and if it does, so have it afterwards. (is it fleishik, by the way?)

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Re: Tryin'

Posted by TehillimZugger - 03 Sep 2014 22:01

If it's not fleishik. It ain't tcholent.

{Rule # 41, See Alice in WOnderland regarding "the oldest rule in the book"}

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Re: Tryin'

Posted by ZemirosShabbos - 03 Sep 2014 22:17

[TehillimZugger wrote:](#)

If it's not fleishik. It ain't tcholent.

{Rule # 41, See Alice in WOnderland regarding "the oldest rule in the book"}

i agree, although i think Alice would spell it "fleishig" (with a g, apologies to Cordnoy)

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Re: Tryin'

Posted by ineedchizuk - 03 Sep 2014 22:22

[cordnoy wrote:](#)

But what choice do I have now?

simply forget about what I wrote over a year ago, or should I do some real soul searchin'?

Cordy,

On the contrary, hopefully you now appreciate that you're more connected to Hashem than you think. (Not that there's anything wrong with making a cheshbon hanefesh in Elul.)

I think this is where we should take a pause, and be aware that when wonderful people like you and Dov focus on the 'simplicity' of recovery, and that we could (should?) learn from people who have nothing to do with judaism, that doesn't take away from the fact that each one of us have a very heilige neshama, that more than anything else, yearns to do the ratzon Hashem. It is content when it does, and when the opposite, it's (our) life on this world becomes unmanageable!

What you were just reminded of does not change anything. It is a fact. Before you were sold on the (true) ideas that have been helping you recover, ie. 'I'm doing this for my relationship with spouse/ for my sanity just like any Harry', your neshama cried out 'I can't take it anymore. Being distant from my wife means I'm distant from the Shchina,' etc.

The point is that when stressing one truth, it is not at the expense of the other.

'Hitting rock bottom where still on top'.

If not for our heilige neshama, maybe we would have had to sink even lower before being prepared to surrender to Hashem!

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Re: Tryin'

Posted by cordnoy - 04 Sep 2014 06:24

Your words are really heartwarmin'.....to such an extent that although my typin' fingers would like to argue, I will not allow them to.

thank you so much

it was a real special and meanin'ful post.

thanks

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Re: Tryin'

Posted by skeptical - 04 Sep 2014 19:34

cordnoy

That sure was eye-openin'!

I was even sure that it must have been a quote from someone else.

It wasn't.

So, there certainly was that feelin' on that day.

I will need to do some thinkin' before commentin'.

thanks so much

But what choice do I have now?

simply forget about what I wrote over a year ago, or should I do some real soul searchin'?

We are on a journey called life, riding the train, and as we move along we grow and develop. If you were to dig up really old posts of mine, a lot of them would be very different than what I write today.

If the old feelings you come across are ones you wish you still had today, then do something about it. Otherwise, don't worry.

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Re: Tryin'

Posted by cordnoy - 05 Sep 2014 13:54

Two statements that I have looked at several times:

[inneedchizuk wrote:](#)

On the contrary, hopefully you now appreciate that you're more connected to Hashem than you think. (Not that there's anything wrong with making a cheshbon hanefesh in Elul.)

And then:

[skeptical wrote:](#)

If the old feelings you come across are ones you wish you still had today, then do something about it.

Fellows; keep on writin'.....your words can penetrate.....even to stubborn guys like me.

Thanks

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