

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' to 12 Steppin'

Posted by lavi - 13 Nov 2014 22:25

[cordnoy wrote:](#)

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

I would prefer to refer the reader to Orach Chaim 406; by studying the laws there you will see that there are many cases where the Halacha may differ slightly, although this does not negate step nine in any way. Keep reading and I will explain what I mean.

Here are some general rules:

a) It is absolutely true that one must make amends wherever possible (source-see Shulchan Aruch 406, 1). This is like step nine.

b) Technically, Halacha allows somebody to send a messenger to ask forgiveness from the person harmed. However, the Mishna Brura writes that the amends should be made directly wherever possible, unless you know that the harmed person will be more forthcoming to forgive you via a messenger (source-see Orach Chaim 406, Mishna Brura, 2). This is like step nine as well.

c) The idea that a Jew should not make direct amends if “to do so would injure them or others” should be examined, so let’s put this under our Torah microscope and take a better look at this.

If by asking one’s friend forgiveness, that friend will become embarrassed, then the Chofetz Chaim writes that we should still ask forgiveness from them, but do so without telling them what we are asking forgiveness for, so as not to embarrass them (source-see Orach Chaim 406, Mishna Brura 3).

i think you mean o.c 606

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Re: Tryin' to 12 Steppin'

Posted by cordnoy - 14 Nov 2014 07:31

So (a basically true story), I was gettin' gas this mornin'

Gave woman 40.00 and asked for 35.00 unleaded (do they still say that?).

She gave me back 10.00 in change.

I walked back to car to pump the gas...thinkin'...ta'os akum mutar? not the proprietor? maybe the pump will stop at 30.00?

It went to 35.00 and stopped.

Walked back in to gas station...waited on line.

Gave her the 10.00 and asked for 5.00 in return.

She didn't wanna admit her mistake, so she said she only charged me 30.00.

I insisted.

She agreed.

Black man standin' watchin' the proceedin's.

He exclaimed in a real loud voice: Hey man! This is f@#\$in' unbelievable! I've never seen anybody so f@#\$in' honest before. Can I shake your hand?

Shook his hand as everyone smiled and wished me well.

Was a good moment for God and the Jews.

Sat down in car, and thinkin' about my life, I whispered: Hey man! This is f@#\$in' unbelievable! I've never seen anybody so f@#\$in' *dishonest* in my life. Ya' think God would wanna shake my hand?

Turned the ignition on.....v'afilu b'hastarah....shebisoch hastarah.....

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Re: Tryin'
Posted by skeptical - 14 Nov 2014 07:58

Yeah, I think He'd wanna shake your hand.

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Re: Tryin' to 12 Steppin'
Posted by belmont4175 - 14 Nov 2014 09:52

[cordnoy wrote:](#)

Ya' think God would wanna shake my hand?

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Re: Tryin' to 12 Steppin'
Posted by ddm11219 - 14 Nov 2014 19:48

Reb Avrum

ur my man.....

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Re: Tryin' to 12 Steppin'
Posted by Bigmoish - 14 Nov 2014 20:07

Where does the line form?

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Re: Tryin' to 12 Steppin'
Posted by Zemiroshabbos - 14 Nov 2014 21:03

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Re: Tryin' to 12 Steppin'
Posted by Metal King - 14 Nov 2014 22:15

Honesty? Kiddush Hashem? Humbly acknowledging much needed work in life?...i think He'd want a double high five !

Thank you Cordnoy for bringing us one step closer to geula!

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Re: Tryin' to 12 Steppin'
Posted by kilochalu - 16 Nov 2014 05:38

[ZemirosShabbos wrote:](#)

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and she was just tryng to be like rivka just with cars (or tanks) as our modern day substitute for camels

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Re: Tryin' to 12 Steppin'
Posted by Watson - 16 Nov 2014 15:13

[cordnoy wrote:](#)

Sat down in car, and thinkin' about my life, I whispered: Hey man! This is f@#\$in' unbelievable! I've never seen anybody so f@#\$in' *dishonest* in my life. Ya' think God would wanna shake my hand?

) opinion you're displaying classic addictive thinking. Addicts tends to experience guilt as shame. Where a non-addict would experience guilt, us addicts experience shame. Guilt is good and healthy, a spring-board for constructive change. Shame is unhealthy and keeps us deep in the problem.

The only way I know to be rid of shame (just cos I don't know of others doesn't mean they don't exist) is to bring the feeling into the light by sharing it (in person or on the phone) with an understanding person.

To put it another way, here's good ol' Charlie Brown:

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Re: Tryin' to 12 Steppin'

Posted by cordnoy - 16 Nov 2014 17:50

Doc,

As I wrote to you privately, ultimately I do not know.

Perhaps my feelin's that I usually express here are a façade and a cover up.

that bein' said, I do not feel guilt or shame in the eyes of God.

I am not happy about it; I used to feel guilty.

Since recovery began, I have come to terms with it.

I still wanna improve....religiously as well.

The shame and guilt that I feel is to my wife.

the fact that I cannot be open and honest with her about my struggles.

although, this is not the B"B section, I must say (as part of this conversation) that I am beginnin' to blame her again. I still keep my head up (mostly), but she has her ways of gettin' me down, and we are basically discussin' bedroom stuff.

Nevertheless, my conduct or behavior, when I am in a rut, creates that shame or guilt....to my wife, for I like to be honest, and to her, as of yet, I cannot (or some of you will say, I will not).

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Re: Tryin' to 12 Steppin'

Posted by Watson - 16 Nov 2014 18:02

[cordnoy wrote:](#)

that bein' said, I do not feel guilt or shame in the eyes of God.

[cordnoy wrote:](#)

Ya' think God would wanna shake my hand?

I find it difficult to reconcile the two statements above. I'm also not sure shame can be limited to one person, and even if it can that it makes any difference.

Is it possible that you are unaware of your own feelings of shame?

[cordnoy wrote:](#)

I am beginnin' to blame her again

I always start blaming and being resentful to my wife soon after acting out.

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Re: Tryin' to 12 Steppin'

Posted by cordnoy - 16 Nov 2014 18:07

[Watson wrote:](#)

[cordnoy wrote:](#)

that bein' said, I do not feel guilt or shame in the eyes of God.

[cordnoy wrote:](#)

Ya' think God would wanna shake my hand?

I find it difficult to reconcile the two statements above.

I understand your question.

I wrote that the story was mostly accurate.

The question posed at the end was not an actual feelin'.

It probably is true, however, but not dominant.

[Watson wrote:](#)

Is it possible that you are unaware of your own feelings of shame?

Yes...somewhat

[Watson wrote:](#)

[cordnoy wrote:](#)

I am beginnin' to blame her again

I always start blaming and being resentful to my wife soon after acting out.

I haven't acted out

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Re: Tryin' to 12 Steppin'

Posted by cordnoy - 16 Nov 2014 18:10

[Watson wrote:](#)

I'm also not sure shame can be limited to one person.

I'm not sure why not, but I hear your point a bit.

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