

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 Dec 2014 22:22

Skep....on his Trademark thesis, called "Positive Programmin"

[skeptical wrote:](#)

Hurt, anxiety, depression and the like are very often underlying causes of resorting to porn. It could be an argument with our wives, money worries, or a host of other things that get us down. We use porn like some people use tylenol when they have a headache - temporary pain relief and an escape from things that hurt to deal with.

What we need to do (even, or especially, at times when we're not being challenged) is to work on positive programming. We do that by being aware of the good things we have in our lives,

thanking Hashem for them and by telling ourselves that we are much happier being clean (and that resorting to that other stuff doesn't really make us feel better - it makes us feel much worse after the fact.) When we fortify ourselves with these positive messages, they surface when we need them.

Dealing with the issues behind the arguments, usually by communicating more effectively with our wives, can help make these instances less frequent thereby making our relationships happier and stronger, taking away the need to escape.

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Re: Tryin'

Posted by gibbor120 - 25 Dec 2014 23:36

My understanding is that a woman is made up of many things. There are layers of Neshama, Nefesh, Personality, and finally her physical makup.

Now imagine giving your wife an expensive piece of jewelry and she can't stop talking about how much she likes the box. Ouch! That's a potch in panim. (You can imagine giving her a painting and she loves the frame - same idea, especially if you painted the painting yourself and bought the frame!)

When we focus on the physical part of a woman, we are focusing on the box, the packaging, and we are degrading what is so much more precious - all the other things that make up her essence.

It can go in reverse as well. One of the fellows here has a wife who is a sex addict. We would think he should be really happy, but he is not. His wife treats him as an object to get her fix. That is degrading, and demeaning to him. He feels that she does not care about him, She just needs certain body parts of his.

As far as the difference between addict and predator. I'm not sure, but I'll give my guess anyway. They may be 2 totally different addictions. The predator may need to control his victim. So his need is different from an addict. I suppose if the addiction is strong enough, an addict

can attack someone, but it would be rare. Whereas, for a predator, the predatory behavior is part of his "addiction".

Just like we have different fetishes that we are "addicted" to, and they may be very different. A predator has a different "fettish" so to speak than an addict.

Just my thoughts.

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Re: Tryin'
Posted by yidtryingharder - 26 Dec 2014 02:17

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Re: Tryin'
Posted by cordnoy - 26 Dec 2014 03:37

As I said when I got engaged: Sheker hachein v'hevel ha-yofi, but it sure damn helps!

Little did I know that either way, it would make no difference to me.

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Re: Tryin'
Posted by cordnoy - 26 Dec 2014 04:32

Well...we made up on zos Chanukah that we will work on bitachon stuff.

so, the first page of Shaar Habitachon says some interestin' thin's, and especially to an addict.

1. One who places his faith (bitachon) in Hashem will be worry-free; i.e., he will have menuchas hanefesh - ultimate contentness. So, who doesn't want that?

2. If you do not have bitachon in Hashem, two things occur (one automatically, and one by God's will - this is my addition; don't know if it's accurate).

A. you will have bitachon in somethin' else (seems he's saying that this is a fact, and thus, I am sayin' that it's automatic). Now, we like to say here that us addicts are worshipping' lust, and that Sex is our god.....somethin' to think about.

B. One who places his bitachon elsewhere, Hashem removes His hashgachah from him, and places him in the hands or power of that or whom that he placed his bitachon in. (Is that automatic, or is that God's Will? Additionally, is this a punishment, or somethin' else?) This itself can explain a lot. One who worships lust, God places him in the tongs and the grasp of the lust Queen; is there, no wonder then, why it is so difficult to wiggle loose? How can it be done? By surrenderin' to God! My goodness! Let's stop here, before we ruin a productive post.

b'hatzlachah

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Re: Tryin'
Posted by skeptical - 29 Dec 2014 09:46

Who says a predator can't be an addict?

Some predators may have other personality disorders that may cause them to abuse others, but for other predators, perhaps it's an addiction that progressed to that stage.

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Re: Tryin'
Posted by serenity - 29 Dec 2014 10:20

There is an online article that discusses the issues at length. I don't know anything about the credentials of the article or web site, but it seems to make a lot of sense. PM me if you want the link. TY

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Re: Tryin'

Posted by cordnoy - 01 Jan 2015 20:01

There as a discussion someplace about Shabbos and some not havin' the desire to be mechallel Shabbos, and others sayin' that when it comes to porn and lust, they were mechallel Shabbos. There was a discussion in the teen section about Motzei Shabbos. There also was a post or two regardin' bringin' Lizhensk's Shabbos GYE weekly back into circulation. And hey, Shabbos is comin'!

I didn't search for those posts now, but I did notice that Zemmy once quoted a beautiful vort, albeit on the Chassidishe side, but it was very strikin' to me.

[ZemirosShabbos wrote:](#)

The passuk tells us "rak shivto yitein verapo yerapei," Rav Gamliel Rabinovitch, shlita, explains these words by way of remez. The letters of the word shivto spells out v'shavta referring to the great significance of our guarding and watching the holy Shabbos.

Even if a person is soiled from all of his sins and aveiros to the degree that he is considered "sick" spiritually, he just has to shivto yitein - give shivto, meaning, give himself over for Shabbos - to guard the Shabbos and act on this holy day as best as he can. Then, in that merit, it will be fulfilled with him verapo yerapei - he will be totally healed and cured from his "ailments." Indeed, Shabbos is in a certain respect equal to all mitzvos (Shemos Rabbah 25:12). Also, he adds, the reason the Torah wrote the word shivto in the singular and not plural, is as a personal invitation to each and every one of us individually, on his or her level, where he or she is holding, to watch and guard the Shabbos as best as each individual can.

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Re: Tryin'

Posted by cordnoy - 04 Jan 2015 21:24

It was said regardin' a certain ancient artist: "He is best understood as having sought abstinence. . . . His control of sexual appetite was accomplished by his absolute devotion to his mission and to an obedience to the role he had assigned himself, which was to conduct a moral life."

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Re: Tryin'
Posted by Shmeichel - 05 Jan 2015 01:25

[cordnoy wrote:](#)

B. One who places his bitachon elsewhere, Hashem removes His hashgachah from him, and places him in the hands or power of that or whom that he placed his bitachon in. (Is that automatic, or is that God's Will? Additionally, is this a punishment, or somethin' else?)

the rambam in mora nevochim quotes:

hashgocho elyone (divine providence) is a result of dvekus, if you constantly attach your mind to god, then god will constantly watch over you, and make sure that everything turns to your good, and the opposite is a result from detaching your dvekus

and he says its sort of a punishment, the lenght of time with the non-dvekus streak, will compare to the lenght of time of the punishment etc...

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Re: Tryin'
Posted by cordnoy - 05 Jan 2015 01:42

Does he say that it's punishment, or that it's a metzius?

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Re: Tryin'
Posted by Shmeichel - 05 Jan 2015 01:50

medo keneded medo

i think its as punishment

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Re: Tryin'

Posted by cordnoy - 05 Jan 2015 01:56

the son of the mechaber of the leiv tov - the pirush on chovas halevavos told me that its a metzius, but I hear the other way as well.

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Re: Tryin'

Posted by Shmeichel - 05 Jan 2015 02:09

with all due respect

why cant it be both

as we all know that hashem is pure good

and everything that comes from him (which is everything) is pure good

so why do we have bad things in our life?

there are many answers to that

but the common answer is, that the bad is just done by preventing his goods to flow, thereby automatic if there is no light then it becomes dark

so medo keneded medo, as much as we detach from god, its an automatic punishment in exact like for like shadow

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