

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 Shmeichel - 01 Feb 2015 22:28

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well its obvious

Egypt

Sinai peninsula

Palestine

toomene medineh

where else did the sedreh take you?

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Re: Tryin'

Posted by cordnoy - 01 Feb 2015 22:41

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**Warning: Spoiler!**

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Re: Tryin'

Posted by Shmeichel - 01 Feb 2015 22:44

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i dont know the flags well

but the shape looks like ukraine

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Re: Tryin'

Posted by Gevura Shebyesod - 02 Feb 2015 00:02

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You forgot Edom and Moav

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Re: Tryin'

Posted by cordnoy - 02 Feb 2015 00:27

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[Shmeichel wrote:](#)

i dont know the flags well

but the shape looks like ukraine

nope!

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Re: Tryin'

Posted by shomer bro - 02 Feb 2015 01:02

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Like a spoiler, you gotta click on it to see that it's Romania

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Re: Tryin'

Posted by Shmeichel - 02 Feb 2015 14:42

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wow back in romania and doin well!

thats gr8 news

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Re: Tryin'

Posted by cordnoy - 02 Feb 2015 14:47

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Pros and cons regardin' filters on a computer for an addict.

[It is obviously a different discussion when you are dealin' with protectin' children, or preventin' accidental exposure.]

The followin' picture can be used as a mashal supportin' those on the 'con' side.

**Warning: Spoiler!**

Is this what one should do, when he is addicted to constantly lookin' at his phone (like me, and like many others on this site have attested to)?

Perhaps.....perhaps not.

b'hatzlachah

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Re: Tryin'

Posted by cordnoy - 08 Feb 2015 15:48

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Lots of stuff goin' on...all over my life....in all areas.

Stress surroundin' anywhere I turn.

Speakin' of turnin', my eyes can't help themselves...at all.

Powerless

Gotta pray (more than in S"E).

Are these things my fault?

I can't think like that.

Do I need to get closer to God?

I must.

How?

Prayer is the only way I know.

Will I crack?

Mr calm?

What will happen when I let go...if?

Can't afford it.

Focus on now; that I can handle...no I can't, but God could!

b'hatzlachah to all

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Re: Tryin'

Posted by Shmeichel - 08 Feb 2015 15:58

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[cordnoy wrote:](#)

Will I crack?

Mr calm?

??????????

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Re: Tryin'

Posted by yidtryingharder - 08 Feb 2015 16:17

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Hold on tight komt

We can't afford for you to crack

Bhatzlocho

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Re: Tryin'

Posted by Gevura Shebyesod - 08 Feb 2015 16:32

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Focus on letting God handle it.

KOMT and Hatzlacha with everything.

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Re: Tryin'

Posted by unanumun - 08 Feb 2015 16:42

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and rise your mind above your situation for a few minutes to get some clarity and realign your mental compass.

KOMT!!!!

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Re: Tryin'

Posted by cordnoy - 08 Feb 2015 16:49

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Been hangin' around DMS for too long

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