

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 unanumun - 10 Feb 2015 17:37

Keep on trucking.

If one truck gets crashed up, there are plenty more available.

and by the way, 4000 is not the special part. It is the person that typed the 4000 (plus who knows how many more deleted ones) that is special

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Re: Tryin'

Posted by cordnoy - 11 Feb 2015 04:54

There were no eidim today in the middle of the day; no shluchim.

Sat there for 15/20 minutes, and then left.

Why do I write this?

To share and for honesty.

and perhaps...it will help others who are in the throes.

b'hatzlachah (for all issues).

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Re: Tryin'

Posted by cordnoy - 20 Feb 2015 22:01

Wow!

That feels like ages ago!

Thank God - whoever saved me then.

Today was a tough day; lots of stress in the house.

Past two weeks have not been easy to say the least - and that is all types of family and life stuff.

Past two months - wife stuff issues.

Head still high....I think, B"H.

Have a good Shabbos

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Re: Tryin'

Posted by Shmeichel - 22 Feb 2015 17:40

keeping strong in such circumstances is a real hero

hashem is with you all the way

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Re: Tryin'

Posted by cordnoy - 01 Mar 2015 23:33

[ineedchizuk wrote:](#)

Cordy, you always talk about that you're not doing it for tshuva, to be a better yid, closer to Hashem, etc.

I maintain that deep inside those are your intentions.

It's must be some kind of humility, where you don't want everyone to know how great you are. Or maybe you don't realize, but deep within you, the most important thing to you is to fulfill the ratzon Hashem. And that's what bothered you about life having been unmanageable.

And I will prove it!

Oh, and once you're remindin' me of this post, you never proved it anyway.

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Re: Tryin'
Posted by ineedchizuk - 01 Mar 2015 23:53

Oh yes I did

Hence 'eat your own words'

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Re: Tryin'
Posted by cordnoy - 02 Mar 2015 00:05

whatever....I'm not in a feisty mood....at least to take it out on you...there are too many women
vyin' for that dubious distinction.

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Re: Tryin'
Posted by ineedchizuk - 02 Mar 2015 11:26

Read further down that thread, my friend

guardyoureyes.com/forum/1-Break-Free/210029-Tryin?limit=15&start=195#238690

Were not fighting; I'm on your side :-)

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Re: Tryin'

Posted by ineedchizuk - 02 Mar 2015 11:26

aka: a moment of truth

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Re: Tryin'

Posted by cordnoy - 02 Mar 2015 14:22

[ineedchizuk wrote:](#)

[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!

Thanks en See

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Re: Tryin'

Posted by cordnoy - 08 Mar 2015 03:15

Found an old post by a fellow called neveragain:

This morning I was sitting at my desk checking my e-mail and stuff, and I decided I'd sign into GYE and see what's going on. I typed the forum's address into my browser and hit "enter". My face quickly dropped as I watched a virus download to my computer. Within just a few short seconds my browser was hijacked and my computer was under control of this virus. I tried to quickly close the browser, but it was too late! The virus was opening dozens and dozens of pop-ups and web pages - outright nudity! I covered the screen with my hand to try to close the browser windows without seeing any of their content, but they were popping up everywhere. My mind was going crazy and out of control! I even tried looking away and at the corner of the screen only at the "x" so I could just close the browser's windows, but by then it was too late. My eyes lingered on some of the images and I knew that in being fair to my count, I'd already have to consider this a slip (and maybe even a fall). I'd already begun searching through some of the contents that were downloaded to my computer and not only had the "hunt" begun, but I've already stumbled upon some porn videos. "Oh, no!" - it was game over for me! I was terribly devastated, already heated up at that point, and there was nothing holding me back from falling further. I was about to act out, and then; "Oh, my gosh! I'm using my computer! It's Shabbos!!!"

Abruptly, I woke up and realized that it was all just a dream (and thankfully, my body didn't even

lose control)...

With very vivid pornographic scenes still lingering in my mind from my dream, the day was a day filled with many surprise lust attacks, some even considered out of the usual nature. Very tough day in the extreme! For a moment I even thought to act out. Fortunately though, I'm still with it. I'm holding at the completion of 19 days so far, with no slips or falls.

I remind myself that the last time that I acted out, I didn't even find it that enjoyable. The actresses, I've seen them all, and they're all just as pathetic as the next. The hunt can go for hours just looking for something "worthwhile" (so to speak), but all throughout, you know that fake is fake and that nothing you'll ever find will be enough to satisfy your pleasures. I actually felt kinda stupid the last time I acted out, dumping my sobriety for just another peek at something so plastic, so unreal, so staged and (terribly) acted, and above that; something I'll never have. Real life is never like that! Looking at another barbie girl, no matter how good she looks, certainly wasn't a worthy tradeoff for my sobriety. Remembering this helps.

As far as computer use in general, I'm not exactly sticking to my terms 100% (I think I may have been too hard on myself when I set the terms), but the progress I'm making in this area is still much more than I ever imagined.

The march continues. Taking this one moment at a time.

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Re: Tryin'
Posted by yiraishamaim - 08 Mar 2015 03:29

Thank you for that post. There really was so much to it. I related to the searching for

something worthwhile idea. It doesn't take long as a porn seeker to really have seen it

all. But how many times did I run after another site or theme fooling myself(as if

I didn't realize when I was doing it)that it will be some kind of a new experience or

thrill.

same body parts/ same set of movements/ same filth/ same depression.

Oh how I am thankful for every moment of sobriety!

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Re: Tryin'

Posted by cordnoy - 08 Mar 2015 14:50

For the v'ahavta chevra:

Warning: Spoiler!

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Re: Tryin'

Posted by cordnoy - 09 Mar 2015 17:26

as today was meetin' day, I will share the followin':

although I have been sober for some time now, I know that I am an addict thru and thru.

this is not just in speech - this is practical.

I found myself in an old house today, where there was a stack of magazines.

As I picked up the first us news, I prayed a special tefillah that the next one can please be penthouse. God did not acquiesce. After espn and family journal, I prayed again, but to no avail. After latina, time and good housekeeping, I threw them to the floor in frustration and gave up prayin'.

Oh well.

so much for "let be, let God"; He was of no use today.

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