

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 cordnoy - 07 Sep 2015 15:26

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Abbreviated call today, beginnin' at 1:00.

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Re: tryin

Posted by cordnoy - 07 Sep 2015 21:41

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Saw this:

There's an old Jack Benny bit where a mugger jumps out of the bushes and says, "Your money or your life." Benny just stands there doing nothing until the mugger gets irate and shouts, "I

said, "Your money or your life!" Finally Benny snaps back, "I'm thinking. I'm thinking."

I am an addict. For me, giving up my addiction is like Jack Benny giving up his money. If you tell me, "Your object of desire or your life," my answer is, "I'm thinking. I'm thinking."

Let me explain to you what it means - to me - to be a recovering addict. Repeated experience has made it abundantly clear that I can either have everything I ever wanted out of life OR I can have the object of my desire. I can't have both. If I work my program of recovery, all my dreams come true. If I have one drink/bite/look, I turn my life into a living hell. But that's not what makes me an addict. What makes me an addict is that - for me - that's actually a tough call to make.

I suppose that since I am in recovery it means that, in the end, I keep deciding that my life is more important to me than my addiction. But that's not a decision that I arrive at without a great deal of daily deliberation. Whenever I am distressed - or sometimes even for no reason at all - I contemplate whether or not I should just at out and let all of the chips fall where they may. After indulging this perverse fantasy for a while, I ultimately decide that it's not a decision I'm prepared to make - not because I wouldn't like to, but because I can't live with the consequences. I know that I will just end up in so much pain that I will have to give up and - if I don't die or go insane first - go back to recovery again anyway. So I choose life. But it's not an instinctive choice. That's how messed up I am. Are you beginning to understand?

Why do I act out?

You know why I act out? I act out because it takes me away from "me." I don't like being "me." Not that I think I would be any happier being someone else, but I definitely don't like being "me." I like numbness. Mental numbness. My mind goes so fast. My brain won't shut up. The thoughts produce feelings faster than my puny heart can bear. My addiction takes care of that. Acting out quiets the "me" and the less "me" there is, the better I feel. When I am really good and drunk, I have these beautiful moments where, suddenly, it doesn't even hurt so much to be "me."

In recovery I have learned that I can get from my relationship with G-d everything that I ever wanted to get out of my addiction. When I give myself up to G-d, it doesn't hurt so much anymore to be "me."

I guess that's really why I stay sober. I know that I said earlier it's because I am afraid of the misery and insanity and death that my acting out would bring. But that's not the real reason. Misery and insanity and death just aren't big enough deterrents to keep an addict like me sober very long. They might be able to scare me straight for a while, but they're not enough to keep me sober day after day. No, the real reason I stay sober is because all I ever wanted from acting out I can get from my relationship with G-d.

And do you know what it was that I wanted out of acting out? Acting out promised that if I could just get rid of "me" long enough, then in that quiet, I would somehow finally be "me."

This is the truth that I've found ~ real life begins when you learn to love G-d with the very heart that loves to act out.

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Re: tryin

Posted by markz - 08 Sep 2015 00:25

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**"I'm thinking. I'm thinking."**

Cordnoy what you wrote was very deep, especially the last 3 paragraphs. Could you give us some sources for your drasha (Jack Benny too), or elaborate more, so we can get you?

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Re: tryin

Posted by cordnoy - 08 Sep 2015 02:07

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[markz wrote:](#)

**"I'm thinking. I'm thinking."**

Cordnoy what you wrote was very deep, especially the last 3 paragraphs. Could you give us some sources for your drasha (Jack Benny too), or elaborate more, so we can get you?

Jack Benny is brought down by the rishonim in the sugya of ben drudayah....The rest I do not know unless you have specific question.

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Re: tryin

Posted by markz - 09 Sep 2015 00:33

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"the real reason I stay sober is because all I ever wanted from acting out I can get from my relationship with G-d"

Heres my question

In the hava amina you separate 'feelings' from 'me'

"Acting out quiets the "me" and the less "me" there is, the better I feel. "

The understanding is that acting out is NOT me, rather serves to satisfy my feeling. So in the seifa i'd think you're saying that I can get the positive feelings I ever wanted from my relationship with G-d

Why then do you say

"Acting out promised that if I could just get rid of "me" long enough, then in that quiet, I would somehow finally be "me."

Is this a klotz q'ashe?

Signed - a Cordnoy fan

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Re: tryin

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Posted by cordnoy - 09 Sep 2015 03:00

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Firstly I wrote what I saw.

Secondly, I don't fully understand your question.

Thirdly, the point was that one acts out to hide from his real self, but if he connects with God, it doesn't hurt so much being "me." There might have been another point there which seems slightly different, but I cannot harp too much on analyzin', as it does me harm.

Thank you

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Re: tryin

Posted by eslaasos - 09 Sep 2015 16:35

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**Cordnoy**

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For a moment I thought I was reading about myself.

The question I have is - so why don't I like being "me" and is there anything I can do to change that.

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Re: tryin

Posted by cordnoy - 09 Sep 2015 17:06

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[eslaasos wrote:](#)

**Cordnoy**

Why do I act out?

You know why I act out? I act out because it takes me away from "me." I don't like being "me." Not that I think I would be any happier being someone else, but I definitely don't like being "me." I like numbness. Mental numbness. My mind goes so fast. My brain won't shut up. The thoughts produce feelings faster than my puny heart can bear. My addiction takes care of that. Acting out quiets the "me" and the less "me" there is, the better I feel. When I am really good and drunk, I have these beautiful moments where, suddenly, it doesn't even hurt so much to be "me."

For a moment I thought I was reading about myself.

The question I have is - so why don't I like being "me" and is there anything I can do to change that.

Perhaps thru therapy.

Perhaps thru cheshbon hanefesh.

And yes!

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Re: tryin

Posted by cordnoy - 09 Sep 2015 17:07

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Yes!

There is a call today.

Regular time and station (thank God we are outta there!).

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Re: tryin

Posted by cordnoy - 10 Sep 2015 16:32

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Last call of the Year!

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Re: tryin

Posted by cordnoy - 16 Sep 2015 15:08

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Gmar chasimah tovah to all

First call of the year - regular time today.

Steps 4 and 5!

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Re: tryin

Posted by cordnoy - 17 Sep 2015 16:33

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ok

#6000!

Here it is.

It wasn't that I was procrastinatin'; I was simply very busy.

I also was at a loss as to where to put it.

I had some good comments for Waydown (short of course); I was gonna agree with some of Alex Eliezer's thoughts (who can't agree with him?); I had thoughts about mentionin' da guy who lowered my karma (and no; a mod doesn't know that stuff....I think), but anyways, I do thank him, for it does good to my ego which is so stinkin' high; I wanted to respond to Pisco's want ad (as I am over 35 and have children b"H); I would have loved to chime in to Zemmy's anal thread but.....; and I almost forgot, there is a call today; and this issue with the bank or drive-by, I have my opinions (that's a chiddush) and I stated them before and eventually I will chime in; and no! I was not gonna add my two cents regardin' filters which i hate (them and the discussion); and then i was thinkin' that maybe I should bump one of Gevurah's threads, but he's a bahaltine yid; MBJ wrote some gems in middle of the night (for some); Big Moish had some good retorts like usual, and I could have ditto'd a few; gettin' busy again...ouch!; I might miss a few people from my other groups, but I gotta run!

I would like to write this: Firstly, thank you to all; i could not have done it without you...I love you guys...all of you...yes, even you. But really, read my old posts, read my emails (oh...maybe don't), but from where I came from (tipah seruchah), and where I still am, but I look one day at a time, and I wish Pidaini and TZ would be back to remind us of this; I'm ramblin and way past my tweet quota....Jim Rome would have gonged me already.

Here's the real deal: Yesterday I flirted; why? Because I thought I can; bull s@#\$! I cannot! not at all! I almost got myself in a pile of that and a heap of trouble. I have learned and am finally chappin' (I'm slow) what my landsman and others say: I cannot afford to lust; I cannot take a peek; I do not need it; the little pleasure it is....ok, the truth, the big pleasure that one/I has, I cannot drink; I cannot partake in, for it is the kiss of death for me; and yes, I woke up this mornin' feelin' real lousy, but as we say around here; the truck is always idlin' and you just gotta



get on and shift the gears.....oh my, one hand on keyboard and the other is headin'  
out.....

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Re: tryin  
Posted by Gevura Shebyesod - 17 Sep 2015 16:37

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MAZEL TOV KEIN YIRBU!!!

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Re: tryin  
Posted by Bigmoish - 17 Sep 2015 16:41

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Lookin' forward to # 7000.

OPAAT

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