

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 markz - 07 Nov 2015 23:32

We Love Cordnoy!!!!

I wish you only more Simchas and Nachas from all of us

On the Occassion of The Record Whoopppyyy

200+ Karma's

[spoiler][spoiler]

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Re: Tryin'

Posted by cordnoy - 13 Nov 2015 01:44

I don't know what i'm gonna write (contrary to most times when i do have an idea).

I also don't know if I do end up writin' somethin' that i'll actually post it; but here goes:

I am in pain

but I do have faith in Him

Tears flowin'

From all those sufferin'

The question of "why?"

has not been asked

We are believers

and that sinks deep

We can look at others

in close proximity

where darkness envelopes them

at every stare

So we are blessed

or that we say

Could have been worse

that should make our day

A tough pill to swallow

no matter the end

But we cannot wallow

For life goes on

Others are lookin'

we must be strong

They rely on us

So we are forced

But at times, the dam opens

and tears burst forth

and you're not less a man

In anyone's eyes.

The future is rough

but light nonetheless

Courage required

and commitment as well

a group will be bonded

chartin' a course

of doin' God's will

no matter the cost

I am not a scholar of deep-rooted subjects

a simple muggle, but one with a pen

and what i will say, I don't know if it's true

But it's somewhat my feelin's, so I'll tell 'em to you

There is punishment in this world - of that i am certain

but it's not up to us to judge His decision

God is Kind and that's the only One I know

No matter how tough or difficult, it is for me to show

There's tons to be thankful for, but here's not the place

Things happened in the perfect time; God's hidden Hand

But it's only hidden if your eyes are closed

so make sure to keep 'em opened, to get half a chance

As i heard this afternoon from a fellow in a yonder world

Hashem is our God; Hashem is my God

And he continued: Thank you Hashem for all that you do

It is my job to serve You

Please God, let us do our job!

With tears that can't cease

will You help us please?

We give ourselves to Thee

Shema koleini.

Cords

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Re: Tryin'

Posted by markz - 13 Nov 2015 02:14

My dearest friend Cord'

I sensed from your reply yesterday, that something was off. I didn't know how to broach the topic, so I left it to simmer.

How can I convey to you that

Your pain is my / our pain:(

We're on the Highway for Long Haul

Following you every step of the way

This is a quote for you!

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Re: Tryin'

Posted by markz - 13 Nov 2015 02:50

Cordnoy

I just want to mention one small share.

My communication as an aspie isn't the greatest - I wish I had somethings better to say to you

When I joined the forum 3 months ago, I wanted to see the replies. So on each post I wrote I used to Subscribe by checking the box to "be notified of replies to this topic".

After a few weeks my email inbox was getting overloaded with these.

So besides for the threads I created, I unsubscribed from all other - perhaps 40+ different treads.

All besides for yours!!

When I say "Following you every step of the way" - I meant it!

We Love Cordnoy!!!!

We need more of you!

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Re: Tryin'

Posted by peloni almoni - 13 Nov 2015 05:03

[attachment:1]C:\fakepath\awesome-baby_o_185423.jpg[/attachment]

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Re: Tryin'

Posted by peloni almoni - 13 Nov 2015 05:08

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Re: Tryin'

Posted by cordnoy - 23 Nov 2015 13:20

We look forward to bein' on the 1:20 call this afternoon.....where the heck are we holdin'?

See ya

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Re: Tryin'

Posted by cordnoy - 25 Nov 2015 17:14

There is a call today and tomorrow.

We are all over steps 1 - 3.

b'hatzlachah

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Re: Tryin'

Posted by cordnoy - 26 Nov 2015 22:27

Two first-step shares on the call today.

honesty leads to sobriety.

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Re: Tryin'

Posted by cordnoy - 30 Nov 2015 13:09

Saw this good stuff attitude.

You see, when I battle my struggle the right way, I'm doing everything I need to do and not focusing on what I can't do. When I primarily focus on what I can't do I'm hopeless, and powerless.

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Re: Tryin'

Posted by cordnoy - 30 Nov 2015 19:58

[cordnoy wrote:](#)

Saw this good stuff attitude.

You see, when I battle my struggle the right way, I'm doing everything I need to do and not focusing on what I can't do. When I primarily focus on what I can't do I'm hopeless, and powerless.

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This is also why I am not so sure about the concept of "replacement."

Re: Tryin'

Posted by cordnoy - 01 Dec 2015 17:25

step 3 and 4 today iy"H.

do you know which number to call?

Thanks

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Re: Tryin'

Posted by stillgoing - 01 Dec 2015 23:46

. I think I'm a forgetaholac. Maybe in FA they will teach the 11 steps (or 13, I forget)

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Re: Tryin'

Posted by Workingguy - 02 Dec 2015 05:17

Hello Everyone,

Here's my story. I'm married and in my mid thirties; had serious pornography and masturbation issues till five years ago. Kicked both completely for a time, and now I struggle with masturbation on a much smaller, but still not infrequent scale. While I don't look at pornography movies anymore, or even images, I end up looking at things that are way too close to that on Youtube, movie trailers, or other nonsense.

Basically, its like I never made it all the way, and am now floundering a notch less than I was before. I'm trying now b/c I'm sick of having a mid-level struggle where I'm alive enough not to feel as desparate as I used to feel, and aware enough to be humiliated by my behavior. I'm

trying to kick this for good; I'd love your help!

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