

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 - 02 Dec 2015 18:12

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Steps 2, 3 and 4.....or somethin' like that.

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Re: Tryin'

Posted by cordnoy - 03 Dec 2015 12:51

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Intro for step for today.

Would you like the sheets?

"Oh....This thin' requires some work....not I."

Well, if you do, lemme know please....I will be on the road (truckin' of course) most of the mornin', but I will try to get to it.

I'm so excited!

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Re: Tryin'

Posted by stillgoing - 03 Dec 2015 18:08

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**Hernán Cortés**

I'm so excited!

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Re: Tryin'

Posted by gibbor120 - 03 Dec 2015 20:50

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WELCOME! Have you read the handbook? What tools did you use to quit? Keep posting. Read some of the links in my signature. There's some great stuff there.

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Re: Tryin'

Posted by cordnoy - 07 Dec 2015 15:01

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Call will be at 12:45 EST today.

My apologies; lots of stuff goin' on, and (as I am selfish), I don't wanna miss it.

Thanks

I sent the 4th step sheet to several people.

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Re: Tryin'

Posted by cordnoy - 08 Dec 2015 18:03

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Today should work.....in 16 minutes iy"H.

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Re: Tryin'

Posted by cordnoy - 09 Dec 2015 17:31

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we (whoever is brave enough) are sharin' one of our 4th step resentments today

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Re: Tryin'

Posted by markz - 13 Dec 2015 04:23

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[skeptical wrote:](#)

### **#12: Asking Hashem to take it away -**

A few days ago, I was having a really tough time controlling my thoughts. Out of desperation, I thought to myself, "There are guys on GYE who say that they just ask Hashem to 'take away the lust,' and they say that it works. Why not give it a shot?"

I didn't verbalize it, there were people around, I just thought it: Hashem, I'm having a difficult

time with these thoughts. Please take them away from me.

Poof! They disappeared immediately.

Why does this work?

I think the answer is that when we're asking Hashem to help us through it, we are forcing ourselves to think about Him, even if it's on the most basic level. Intrinsically we know that these desires are all about making ourselves feel good, throwing Hashem and all other victims to the sidelines. If I believe in Hashem enough to ask Him to help me through a hard time, I'm putting Him at the center of it all and then there's no room for entertaining such thoughts and desires.

May we all have the strength to keep Hashem at the center of our lives and ask Him for help when we need it.

Im an absolute am ha'aretz in 12 steps, but I promise you this works

Where did I learn this idea of Asking Hashem to take it away?

**From the guru - cordnoy. Because I listened in to his calls**

**He has an incredibly amazing engaging 'talk show'**

Unfortunately on most occasion Im unable to do so due to work responsibilities, but if you can - do yourself a favor, and join in person or anonymously!

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Re: Tryin'

Posted by eslaasos - 13 Dec 2015 04:31

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Mark, I didn't know you were part of the calls, welcome! At this point, I believe the calls have helped me more than anything else.

I had an experience a few weeks ago where I knew I was going to be facing a challenging situation. I worked on myself all day to prepare, I davened, I reviewed mussar, I shared some of it with my wife, and I asked Hashem over and over to take the feelings away from me. None of it worked.

As I left shul and got closer to home I kept waiting for the feelings to disappear. I climbed the stairs, still nothing, paused outside for another last minute appeal, nothing. Went inside and did the best I could not to let the challenge overwhelm me because there was no magic poof!

Maybe I didn't truly surrender or maybe Hashem wanted to see what I would do with the nisayon, who knows?

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Re: Tryin'

Posted by cordnoy - 13 Dec 2015 05:43

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[eslaasos wrote:](#)

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It did work.

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Re: Tryin'

Posted by cordnoy - 13 Dec 2015 05:46

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[markz wrote:](#)

[skeptical wrote:](#)

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Unfortunately on most occasion Im unable to do so due to work responsibilities, but if you can - do yourself a favor, and join in person or anonymously!

No guru.

Just have an open ear and doin' things I never understood, but many others said that it works.

Thanks for the note.

Thought I saw somethin' in the email from this thread as well.

Either way, keep up the good work.

B'hatzlachah

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Re: Tryin'

Posted by eslaasos - 13 Dec 2015 06:19

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[cordnoy wrote:](#)

[eslaasos wrote:](#)

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It did work.

Not for the first time, I find myself baffled by your cryptia. Please elaborate.

There was no magic poof, and even when the event concluded I was still harboring the resentment.

I am happy I'm still alive to tell the tale, but I was waiting for the magic poof described by a few Steppers and that didn't happen.

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Re: Tryin'

Posted by cordnoy - 13 Dec 2015 06:31

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[eslaasos wrote:](#)

[cordnoy wrote:](#)

[eslaasos wrote:](#)

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firstly, in your initial post, i misread a few words and thought that you were workin' on somethin' of the past; not the future (which was gonna come).

Secondly, in your initial post, you ended without really sayin' the conclusion.

Thirdly, and the most important, is that what worked was that you were connected to God for most of the time leadin' up to that situation.

finally, I do not believe that a "stepper" would ever use the words "magic poof." I think someone previously said somethin' to that effect that he found successful, but it is no magic poof; and as a matter of fact, we don't truly know what it is. We do know that if we follow this process:

- A. Understand and concede that our life is unmanageable in its present state
- B. Realize that God could and would restore us to sanity if we reach out to him
- C. Commit to stop our behavior (all behavior)
- D. Make a true 'fourth step' inventory (which will be beneficial for many people around here; myself included) and follow up on this with the other actionable steps
- E. Constantly ask God to help us with our defects (mainly the resentment, anger, self-pride);

then, and only then, when we are faced with a lustful situation, or a resentment situation, we reach out and pray; and as AE said many times, "We do that over and over again." Even if fail, we come right back to it, and that is why a 'streak' means practically nothin' in the long term, although it can help move thin's along in the right direction.

b'hatzlachah

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Re: Tryin'

Posted by cordnoy - 14 Dec 2015 17:48

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4th step discussion today.

Off day tomorrow.

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