

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 SamJoe - 15 Dec 2015 05:57

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Ok thanks for pointing that out, I'm going to see which call fits into my schedule the best and I'm going to try that out.

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Re: Tryin'

Posted by cordnoy - 17 Dec 2015 02:23

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A clear case of resentment that is boiling my nerves, and when I think why, the number one reason is that it is affecting my pride.....it is thankfully somewhat calming me but not halfway there yet.

First step I will write it out on paper here and now.

Second step I will pray to have it removed.

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Re: Tryin'  
Posted by cordnoy - 17 Dec 2015 17:32

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Step 4 today.

Step 5 Monday iy"H.

[Actually, we do all the steps every day, but on the call today, we will do the above.]

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Re: Tryin'  
Posted by cordnoy - 21 Dec 2015 17:59

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step 4 and 5 in 20 minutes.

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Re: Tryin'  
Posted by cordnoy - 22 Dec 2015 16:59

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Due to Asarah b'Teves Mincha, we will not be on the call today.

We will be makin' time for individual step 4/5's the entire mornin' tomorrow.

Email me please if you'd like to schedule.

b'hatzlachah

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Re: Tryin'

Posted by cordnoy - 24 Dec 2015 19:52

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As one of my friends wrote me: s\*x, s\*x, s\*x, s\*x

or, as they say in Italian: non pensa che al sesso or a quello (google translate does not do a good job with this phrase).

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Re: Tryin'

Posted by markz - 30 Dec 2015 01:08

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Cordnoy - a hibernatin' creature was chattin' for your daily call info

You know - you're famous!

Would you be so kind and add it to your signature, for others

I have it on my phone already, and on rare occasion that my work allows, I mute the sound and hitch to your Monstah Towtruck

KOMT!!

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Re: Tryin'  
Posted by cordnoy - 30 Dec 2015 01:35

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[markz wrote:](#)

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I have it on my phone already, and on rare occasion that my work allows, I mute the sound and hitch to your Monstah Towtruck

KOMT!!

Dats a good idea, but I'm not so adept at these things.

There is also a way to access the recordings of the call.

I'll see if I can figure out.

No way can I have it laid out as nice as yours.

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Re: Tryin'  
Posted by markz - 30 Dec 2015 01:37

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[cordnoy wrote:](#)

[markz wrote:](#)

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I have it on my phone already, and on rare occasion that my work allows, I mute the sound and hitch to your Monstah Towtruck

KOMT!!

Dats a good idea, but I'm not so adept at these things.

There is also a way to access the recordings of the call.

I'll see if I can figure out.

No way can I have it laid out as nice as yours.  
yes you can

Email me and I'll be glad to do it for you, my hero

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Re: Tryin'  
Posted by cordnoy - 05 Jan 2016 17:36

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Call will be at 1243 est today....open conversation, as we will be drivin'.....a car.

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Re: Tryin'  
Posted by Gevura Shebyesod - 11 Jan 2016 21:46

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Re: Tryin'  
Posted by cordnoy - 26 Jan 2016 22:45

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So, we finished the books (white, big and some action) and steps for the third time on the afternoon cords call. We have about 8 to 10 regulars, plus sporadic others. There are several email groups connected to the call as well.

The last two days we have been discussin' the followin':

Humility

Productivity

Gettin' out of one self

????? ?????

Surrender

Recognizin' our defects

Other stuff (Vegas line, falafel munchin')

Any suggestions for tomorrow and Thursday?

Iy"h we will start fourth time around on Monday.

Any suggestions?

B'hatzlachah and thanks

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Re: Tryin'

Posted by cordnoy - 27 Jan 2016 16:27

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[cordnoy wrote:](#)

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Any suggestions?

B'hatzlachah and thanks

Head achin' today (which is why I'm gettin' no work done).

Might not be able to do lots of talkin' (or at least anythin' worthwhile).

See ideas above.

Lassos wrote a post yesterday, which can also be discussed.

He wrote (someplace) that "escapism" and "lustin'" are two different things, and in fact, they may be contradictory diagnoses. While I may not be able to explain it, i do not believe that to be the case. I think one leads to the other - either way.

Thoughts? (either here, or on the call.)

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Re: Tryin'  
Posted by Bigmoish - 27 Jan 2016 16:34

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[cordnoy wrote:](#)

So, we finished the books (white, big and some action) and steps for the third time on the afternoon cords call.

So, am I cured yet?

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