

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 mggsbms - 28 Jan 2016 04:07

[cordnoy wrote:](#)

[cordnoy wrote:](#)

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

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.)

The way Bigmoish explained this concept today was an eye opener for me. I haven't realized how much I've been escaping all my life much before acting out came into the picture. It's just

that acting out has become the prime way of escaping. In one of the stories in the big book a woman describes how she tried all kind of hobbies to get her out of addiction, and they worked, some for even a few years, but ultimately she was still addicted.

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Re: Tryin'
Posted by cordnoy - 31 Jan 2016 19:39

There is a beast inside of me and he's a really good guy. He's so much fun. You'd like him. But I do not let him out. Ever. Not when I dream or fantasize. Not when I sleep. Not when I hurt. Not when the goin' is rough. Because he's not allowed out to play. He's not invited. He's behind lock and key. You have to keep your guy in. You have to lock him in all the time. Otherwise one day he will be strong enough to lock you in and you'll never get out. It's gotta be from you; you gotta learn to do it on your own.

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Re: Tryin'
Posted by cordnoy - 31 Jan 2016 21:46

Our 1:20 EST call begins its fourth cycle tomorrow iy"h.

We read from white book, big book, action book and more. We move thru the steps in a fairly brisk pace....sometimes. Time is provided for sharing, questions and comments. We are encouraged to fill out fourth step inventory sheets, and we give time (we try) throughout the day and night to work thru those sheets. They truly make a helluva of a difference in our lives. Just ask anyone who has tried.

B'hatzlachah to all.

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Re: Tryin'
Posted by cordnoy - 01 Feb 2016 16:47

[cordnoy wrote on 31 Jan 2016 21:46:](#)

Our 1:20 EST call begins its fourth cycle tomorrow iy"h.

We read from white book, big book, action book and more. We move thru the steps in a fairly brisk pace....sometimes. Time is provided for sharing, questions and comments. We are encouraged to fill out fourth step inventory sheets, and we give time (we try) throughout the day and night to work thru those sheets. They truly make a helluva of a difference in our lives. Just ask anyone who has tried.

B'hatzlachah to all.

We begin today iy"H.

Lookin' forward....

b'hatzlachah

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Re: Tryin'
Posted by m58yiw84niym - 02 Feb 2016 17:03

I saw around 2PM EST yesterday that there was a new cycle, and I'd been planning on joining a call for a while. While I missed it by a day, I'll try to jump on the bandwagon today (I have a meeting at 1, so I might be a couple minutes late).

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Re: Tryin'
Posted by cordnoy - 02 Feb 2016 19:18

My apologies,

T'was my intention to be on; God had other plans.

Doesn't He always?

The question is: Do we understand that He is always in charge, with all the controls?

It is our responsibility to make the right decisions.....regardless.

b'hatzlachah

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Re: Tryin'

Posted by markz - 03 Feb 2016 14:24

I was thinkin' your name is a juxtaposition of Cord and attached to Hashem "Ado" - you pended "Noy"

Or beautiful cord - noy = noyei succah Am I off the "mark"?

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Re: Tryin'

Posted by cordnoy - 03 Feb 2016 15:14

[markz wrote on Unknown:](#)

I was thinkin' your name is a juxtaposition of Cord and attached to Hashem "Ado" - you pended "Noy"

Or beautiful cord - noy = noyei succah Am I off the "mark"?

Way off the mark!

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Re: Tryin'

Posted by Yesod - 03 Feb 2016 15:49

Can i get a downloaded copy of the big book, the download in your signature is actually a link. So its gone when i leave the page.

Thanks.

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Re: Tryin'

Posted by cordnoy - 03 Feb 2016 15:52

[Yesod wrote on Unknown:](#)

Can i get a downloaded copy of the big book, the download in your signature is actually a link. So its gone when i leave the page.

Thanks.

You should be able to do a "save as."

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Re: Tryin'

Posted by Yesod - 03 Feb 2016 17:39

On the mobile version.

Is ok, ill email it to myself

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Re: Tryin'

Posted by cordnoy - 03 Feb 2016 18:00

ly"H, the afternoon call should begin in 20 minutes.

Call-in info below.

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Re: Tryin'

Posted by Bigmoish - 04 Feb 2016 15:37

Warning: Spoiler!

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Re: Tryin'

Posted by cordnoy - 04 Feb 2016 15:44

Ok; so some people have been sayin' that this post is a biggie.

7000!

Seven (bad thought deleted) thousand!

Warning: Spoiler!

What does it show?

What does it indicate?

Certainly that i wasted tunz of time, but at least I wasn't doin' other stuff.

There were probably several good posts, several bad ones as well, I'm sure.

On that note, i'd like to apologize again for tickin' some people off with my words, which I have done a time or two.

Know that i harbor no resentment towards you, but there are moments that i feel a stronger stand must be made.

I'm sure I was wrong many times as well.

I do apologize - even for the times that i was right.

It is my aim to help and be helped.

I owe my life to this site - literally.

Is sobriety borin'? It can be, but it's well worth it.

Without GYE, I would not be where I am today.

Yes, there was a lot of other help as well, includin' the great bunch of fellows here, whose names I will not mention at all, for fear that I will omit someone, and that makes all the thanks in the world worth nothin'.

Warning: Spoiler!

I do not have the time right now, nor the patience to write up a doozie, and believe me fellows, one or two days on the call is worth much more to me than a thousand posts.

Which brin's me to today's call.

It's gonna be rough.

Lots of stuff makin' it extremely difficult to find the time, location and privacy.

I thought of a plan in middle of night, but then, it got thwarted.

The call will go on, but I just might not make it.

I'm still Tryin', and that, i won't stop beli neder.

So what else is there to say?

Warning: Spoiler!

I wish hatzlachah to all.

I am available on the calls and later at night for fourth step work.

I think it is the single most important tool for myself and my recovery, and I have used many tools: therapists, calls, postin', specialists, meetin's, sponsors, partners, Rabbis, friends, sponsees, readin' white, big and action books, etc., but the real and true cheshbon hanefesh, which is written in all the seforim, that is what makes my life manageable, one where I can connect to God, one where He provides the strength to move on and help me make the right decisions, one moment at a time. It feels good B"H!

Warning: Spoiler!

Is the new and improved editor better?

I don't know; I am still gettin' used to it.

They are also tryin'; don't get frustrated with them.

Thanks to all.

b'hatzlachah

Warning: Spoiler!

Warning: Spoiler!

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