

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 Yesod - 01 Mar 2016 02:37

Shux, i missed it today.

Here comes detention

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Re: Tryin'

Posted by cordnoy - 01 Mar 2016 13:02

A snippet of yesterday's impromptu intro:

Dbt teaches us to live life.

Always remain on the same level plateau.

When we are somewhat excited (about anythin'), we are at risk of becomin' even more emotional.

Each of us has our own personal breakin' point.

That point must be avoided....at all costs.

The steps (4-11) teach us how to live normal, ordinary, godly, healthy lives.

This keeps that line on the graph from inchin' upward.

Regardin' lust, when a trigger hits us, we are calmer and more alert. We are more in control (so to speak), and we, with the help of the tools, are able to make much better and healthier decisions.

B'hatzlachah

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Re: Tryin'
Posted by markz - 01 Mar 2016 18:10

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Re: Tryin'
Posted by markz - 02 Mar 2016 18:54

did you see my updated avatar message???

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Re: Tryin'
Posted by cordnoy - 02 Mar 2016 19:15

As Schultz would say: I see nooooouuuuooooosssssin'!

(On mobile)

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Re: Tryin'
Posted by yiraishamaim - 02 Mar 2016 21:30

Yavol Klink

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Re: Tryin'
Posted by cordnoy - 02 Mar 2016 23:27

[yiraishamaim wrote on 02 Mar 2016 21:30:](#)

Yavol Klink

My first taste of lust.

H.H. @ 4:00

G.I. @ 4:30

A.G. @ 5:00

Once a weekza plane boss

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Re: Tryin'
Posted by yiraishamaim - 03 Mar 2016 19:49

smile everyone smiles

Welcome to Fantasy Forum

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Re: Tryin'
Posted by cordnoy - 07 Mar 2016 18:16

Start off the week with a call.

Details below in signature.

b'hatzlachah

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Re: Tryin'
Posted by cordnoy - 09 Mar 2016 12:39

Due to Mincha, I will be movin' the call to 1:15, so we can have more sharin' time.

Try to work on that sheet for 5-10 minutes this mornin'.

Thanks

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Re: Tryin'
Posted by stillgoing - 09 Mar 2016 15:05

I've been waiting for that for a long time.

Thanks

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Re: Tryin'
Posted by cordnoy - 09 Mar 2016 17:19

[stillgoing wrote on 09 Mar 2016 15:05:](#)

I've been waiting for that for a long time.

Thanks

Mincha, the sheets or the time?

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Re: Tryin'
Posted by JustinT - 10 Mar 2016 03:36

Question, looking for advice. My problem isn't porn per say, rather looking at woman, lingerie ads, celebrities, ect... in general can cause my mind to wonder, which may lead to acting out. Filters are great, except they don't block out "normal" things. anyone have suggestions?

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Re: Tryin'

Posted by markz - 10 Mar 2016 03:44

I suggest you start a brand new thread, share your story (or just copy what you wrote here), and follow the massive truck of the author of this "Tryin'" Thread, and you're gonna find lots of great GPS navigation

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