

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 Yesod - 18 Mar 2016 03:30

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Those roving scholars get on my nerves.

What goes through my head,

Dude, Just sit down and learn, and if it so exciting you wanna share it with the world, share it with you wife, your chiddushim will enamor her, she'll fall in love with you all over again, her little rosh yeshiva.

Now id like to get back to what i was doing. .

So... chavrusa, what were you saying about Trump

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Re: Tryin'

Posted by cordnoy - 18 Mar 2016 12:51

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hear you.

my problem is that as we work the program, the list should shrink, not increase, and I'm afraid (add to fear list) that i will blow it with someone over shabbos.

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Re: Tryin'

Posted by cordnoy - 18 Mar 2016 13:06

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[cordnoy wrote on 12 Aug 2014 19:08:](#)

There was a lot of positive feedback on the highway signs; the oilam wanted more.

Here is the initial post, and below are the additions.

I would like to encourage you to KOT (keep on truckin'); I'm just not sure which highway you're on.

There are many roads here; most of them lead to the same direction.

is the Godly way. Hashem is here; Hashem is there; He will protect me from any second stare.

Then there is the "12 - steppers" and those who like parables dealin' with steak and sushi. Are you an addict? This might be for you? But then again; do you like raw fish; well-done ribs? Perhaps not then.

There are those who say the JDI approach (Just Do It); Get to 90 days and you'll be ok.

This is my personal favorite. Which direction you wanna go?

So bottom line; let us know more and each one of us will tell you what worked for us and what didn't.

First things first though....Get on da damn truck!

b'hatzlachah

additions:

No 'falls,' 'slips,' or 'accidents' on da road!

This one doesn't need a caption; we just need the rig up in front.

Who relates to this?

ya' think anyone is so haughty about his opinions? not on this site!

Scare tactic!

Bottom line; get on da freakin' road!

nice!

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Re: Tryin'

Posted by eslaasos - 18 Mar 2016 15:24

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[cordnoy wrote on 18 Mar 2016 12:51:](#)

hear you.

my problem is that as we work the program, the list should shrink, not increase, and I'm afraid (add to fear list) that i will blow it with someone over shabbos.

If I may try to alleviate that fear, I would suggest that successfully working the program does not mean new situations won't arise or that when they do you are angelically able to not feel it, it means that when they do you are better equipped to handle it.

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

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I agree to that, and that is exactly why it is botherin' me, for I am not dealin' with it correctly.

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Re: Tryin'  
Posted by OTR - 18 Mar 2016 19:52

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[eslaasos wrote on 18 Mar 2016 15:24:](#)

[cordnoy wrote on 18 Mar 2016 12:51:](#)

hear you.

my problem is that as we work the program, the list should shrink, not increase, and I'm afraid (add to fear list) that i will blow it with someone over shabbos.

If I may try to alleviate that fear, I would suggest that successfully working the program does not mean new situations won't arise or that when they do you are angelically able to not feel it, it means that when they do you are better equipped to handle it.

esslassos hits the nail on the head here. It's like a sports competition- when you finally get in the ring, on the court, in the pool... wherever your competing, that's when your training kicks in. It's not the time to start training. The time to prepare was many months in advance, and according

to what one prepared is how they will have familiarity and ability to use the tools.

For me, I don't get stronger or less compelled to act out. I have the same lustful urges as I did before I started working on my sobriety this time around, but I DO have people stored in my cell phone that I can call in a rut, guys on the forum and a few different phone conferences that I attend each week. I don't know if I will ever get to the point where I forever stop feeling the urge to act out, view porn, do something destructive to my wellbeing- But I do know that if I continue to talk to guys in the same predicament I invariably come to learn more tools and how to deal with it.

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Re: Tryin'  
Posted by markz - 20 Mar 2016 02:21

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[cordnoy wrote:](#)

the weekend is upon us.....how would you like to start it?

thinkin' ahead.....

by the way, i need to add 3 or 4 people to my resentment sheet - that stinks!

I'm a introverted guy outside of gye. Someone like you that's highly sociable is gonna have **20000 friends** and 2 or sometimes 6 re-sentimental guys, so I don't know if it's such a stinking situation

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Re: Tryin'  
Posted by realsimcha - 20 Mar 2016 03:34

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[cordnoy wrote on 18 Mar 2016 12:51:](#)

hear you.

my problem is that as we work the program, the list should shrink, not increase, and I'm afraid (add to fear list) that i will blow it with someone over shabbos.

How did Shabbos go?

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Re: Tryin'  
Posted by cordnoy - 20 Mar 2016 04:01

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Thanks for askin'.

Some good moments, but some not.

Not sure which direction it's goin'.

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Re: Tryin'  
Posted by stillgoing - 21 Mar 2016 21:57

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[R"cordnoy" wrote on 20 Mar 2016 04:01:](#)

Thanks for askin'.

Some good moments, but some not.

Not sure which direction it's goin'.

Don't matter where IT'S goin', it matters where We're goin',

yea! you hear that, sg?

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Re: Tryin'  
Posted by cordnoy - 22 Mar 2016 13:24

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Good mornin', Sadly, it seems that I cannot be on the call today. Several appointments were made out of my control. I will be available at different times of day, so if anyone wants to chat about step work or other issues, let me know (via email) and i will try to arrange. Thank you b'hatzlachah

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Re: Tryin'  
Posted by cordnoy - 23 Mar 2016 11:17

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So, if you are plannin' on viewin' pornography, go meet a girl instead.... Hmmmm.... So says the GYE chizuk emails. Perhaps guard has been drinkin' early.

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Re: Tryin'  
Posted by Dov - 23 Mar 2016 11:27

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you serious? I've never gotten the chizzuk emails, so can u send me a copy of it please. That one sounds pretty funny...

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Re: Tryin'

Posted by cordnoy - 23 Mar 2016 11:32

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[Dov wrote on 23 Mar 2016 11:27:](#)

you serious? I've never gotten the chizzuk emails, so can u send me a copy of it please. That one sounds pretty funny...

Yep.

Here it is:

Prevention

[25 Steps to Beating Porn Addiction](#)

Please check out the full guide to beating porn addiction in this and upcoming issues (For the first in the series, please refer to [issue #1436](#)). The creators of the [infographic](#) have taken each of the 25 strategies and provided clear practical actions to take in detail: Understanding Your Triggers

1. Think about what happens before you start viewing porn. Are you having difficulty concentrating, are you bored, alone, had an argument, or are you feeling down? Is being in a particular room more likely to result in your viewing porn? Think through these triggers and try to remove them from your life. This will be easier once you have blocked porn from your computer. Try to replace the triggers with an activity that blocks the urge. We'll cover the list below in more detail, but here's a few options to start you off. There's a lot more interesting activities out there then looking at porn alone on your computer! Replace the urge with an activity that blocks the urge: • Listen to comedy. • Use social media • Arrange to meet a friend • Play a computer game. • Plan to meet a girl. • Listen to music.

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