

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 peloni almoni - 12 Apr 2016 19:43

[Shlomo24 wrote on 12 Apr 2016 04:56:](#)

In my case, irrelevant of the hashkafic argument, I find it hard to do teshuva right now. When I think of all that I have done I get very depressed and down. It's not good for me right now, maybe in the future I will be ready.

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Re: Tryin'

Posted by stillgoing - 13 Apr 2016 01:44

[cordnoy wrote on 12 Apr 2016 19:01:](#)

Met a fellow last night who never met with another real live gye fellow before.

He seemed thrilled.

BH

Too bad there weren't two.

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Re: Tryin'

Posted by cordnoy - 13 Apr 2016 04:52

[stillgoing wrote on 13 Apr 2016 01:44:](#)

[cordnoy wrote on 12 Apr 2016 19:01:](#)

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He seemed thrilled.

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Too bad there weren't two.

Sorry.

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Re: Tryin'

Posted by markz - 14 Apr 2016 02:18

Just as appreciation and for the record - one of the highlights of last week was my first call with cordnoy!

Guys if he's avail for crazies like me, he's definitely open to chat with someone sensible like you!

KOT!!

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Re: Tryin'

Posted by cordnoy - 19 Apr 2016 17:17

I am headin' outta office and iy"H will call in.

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Re: Tryin'

Posted by cordnoy - 21 Apr 2016 17:12

We tryin' for last call before pesach break in ten minutes.

Will be drivin'.

No book readin'.

If you gonna be shy, don't bother callin'.

Someone on email group, please copy this and send to oilam.

Thanks

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Re: Tryin'

Posted by cordnoy - 22 Apr 2016 02:17

OPAAT!!!!

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Re: Tryin'

Posted by thanks613 - 28 Apr 2016 02:40

[cordnoy wrote on 26 Apr 2016 03:23:](#)

[thanks613 wrote on 26 Apr 2016 02:31:](#)

[cordnoy wrote on 25 Apr 2016 23:20:](#)

Re: SG's question to shlomo..... Zohar says that matzah is bread of emunah, and the ?????? ask: if so, we should eat it all year? The answer given is that it is like an antibiotic.

Funny... I've heard pretty much the same thing about the 12

steps[attachment=4790]alltogethernow.jpg

I don't understand the comparison.

Usually when that happens here, I let it go, but here I am hesitant, for I don't view the 12 steps as an antibiotic at all.

I have heard the 12 steps compared to a treatment like chemotherapy for example. It is an effective but intensive treatment for a serious disease. While it is a lifeline for some, it would not be recommended for someone who didn't have the disease, for obvious reasons. That's as far as the comparison goes. I understand (or at least think I do) that the 12 steps are more of lifestyle change than a drug that you take until you are "better". Maybe I took the comment out of context from what the Zohar piece was about.

Hope I caused no offense.

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Re: Tryin'

Posted by realsimcha - 28 Apr 2016 02:53

[thanks613 wrote on 28 Apr 2016 02:40:](#)

[cordnoy wrote on 26 Apr 2016 03:23:](#)

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Hope I caused no offense.

I am not a 12 steps expert, but I know that Rabbi Twersky says that everyone - even non-addicts - could gain from a 12 step program. That's why he wrote "Waking up just in time" and "When do the good things start" ????

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Hope I caused no offense.

No offense taken at all.

I don't agree or like the comparison to chemotherapy either.

I also don't think that most of the steps can be harmful to anyone.

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Re: Tryin'
Posted by cordnoy - 28 Apr 2016 02:57

[realsimcha wrote on 28 Apr 2016 02:53:](#)

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See below or above.

It seems our posts collided.

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Re: Tryin'

Posted by thanks613 - 28 Apr 2016 03:11

[cordnoy wrote on 28 Apr 2016 02:54:](#)

[thanks613 wrote on 28 Apr 2016 02:40:](#)

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Hope I caused no offense.

No offense taken at all.

I don't agree or like the comparison to chemotherapy either.

I also don't think that **most** of the steps can be harmful to anyone.

I **mostly** agree. Maybe I made the mistake of generalizing to the whole 12 steps

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Posted by stillgoing - 28 Apr 2016 05:33

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[cordnoy wrote on 26 Apr 2016 03:23:](#)

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In the interests of making shalom, perhaps the chemo example can better be applied to actual sa meetings, which are intensive and generally effective treatment for those who need them, but not for everyone.

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Re: Tryin'
Posted by cordnoy - 28 Apr 2016 06:05

There is Shalom here.

I disagree again.

Have you ever been by an sa meeting?

Was it painful?

Did it hurt?

Were you looking forward to the next meeting?

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