

Oh- i am a tired old and worn out man...

Posted by heuni memass - 03 May 2011 21:01

I know there is right and there is wrong. I've felt the life with the 12 steps(serenity) and lately not been with the program. I guess what else is new.

I am not new- I am a tired old worn out man. That knows whats right and knows whats wrong. I think the difference is knowing or living!

Anyhow- shalom Aleichem to all the fellows that are here since i've been here.

Its time to rejoin! and rejoice!

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Re: Oh- i am a tired old and worn out man...

Posted by heuni memass - 03 May 2011 21:06

I have everything going for me b"h (thats what i believe)and yet I still go to the devil.

Its simple: its all excuses.

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Re: Oh- i am a tired old and worn out man...

Posted by ZemirosShabbos - 03 May 2011 21:06

hi and welcome (back)!

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Re: Oh- i am a tired old and worn out man...

Posted by heuni memass - 03 May 2011 21:13

I see you got it right ZS you dont use I, only me(we) .

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Re: Oh- i am a tired old and worn out man...

Posted by Yosef Hatzadik - 03 May 2011 21:14

ZemirosShabbos rejoices when he has a good rejoinder!

Hello Reb **Heuni Memass**,

Do we know each other?

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Re: Oh- i am a tired old and worn out man...

Posted by heuni memass - 03 May 2011 21:19

It makes no difference- I am a new man. (will be ayh)

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Re: Oh- i am a tired old and worn out man...

Posted by Dov - 03 May 2011 21:31

In *ma'as*, we are *all* ani'im. Join the club, whoever you are.

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Re: Oh- i am a tired old and worn out man...

Posted by heuni memass - 03 May 2011 21:51

Just to add some more detail- my biggest tayva on a constant basis is to go to chat rooms. And that is hard because it sounds like its not THAT bad.

But what ends up happening

lie /Dishonest to other people (no i dont say i am married with children, frum etc.)and to my wife.

It leads from talking to worse things- and that is flat out crazy.

The taiva can make me end up in jail (yes sometimes they would be under 18.

it is addictive. it can hold me from morning till night.

I would skip minyan mincha/mariv because there is no time to get there. its too late and i need to be home.

and so much more....

Oh i need to get this banged in too my head for once....

Can you guys help me... how crazy is this?

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Re: Oh- i am a tired old and worn out man...

Posted by Dov - 03 May 2011 23:07

[heuni memass wrote on 03 May 2011 21:51:](#)

and so much more....

Oh i need to get this banged in too my head for once....

Can you guys help me... how crazy is this?

I can certainly relate to you. We are maddening, indeed.

How about this:

You are powerless over your desire to use chat rooms (as evidenced by the fact that you cannot really stay free of it and end up going back to them, sooner or later) and you are suffering from a mild mental illness that "it's not so bad" even though it messes you up, can get you arrested, and can get you hooked up with other sick people like you. And that would ruin your marriage and change your life forever...though it *would* have a ~50% chance of helping you finally do what you really need to do in order to remain free of it, be"H.

If you hear any personal criticism or any insult in *anything* above, that's too bad, but I can't help it. For I do not mean it that way at all - why **would** I, for *I am also* completely powerless against my crazy desires that would ruin my beautiful life...I am an addict! But I am sober, nonetheless.

There. Does that help at all?

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Re: Oh- i am a tired old and worn out man...

Posted by mnman415 - 04 May 2011 01:46

[heuni memass wrote on 03 May 2011 21:51:](#)

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i totally relate to chat rooms, its one thing that caused me much much much problem in my battle

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Re: Oh- i am a tired old and worn out man...
Posted by Dov - 04 May 2011 03:10

[heuni memass wrote on 03 May 2011 21:01:](#)

I am not new- I am a tired old worn out man. That knows whats right and knows whats wrong. I think the difference is knowing or living!

My problem was *phone* chat groups...cuz they didn't invent the chat room yet back then!

...and you think *you* are an 'old man'!

There is tons of hope for you, bro!

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Re: Oh- i am a tired old and worn out man...
Posted by heuni memass - 04 May 2011 13:35

Thanks HS and Dov for the replies.

Dov- dont worry about talking harsh that's the only thing that would work when dealing with loonies like us. (oh i dont know if people here would like that expression - well then loonies like me). Anyhow - I was around before the chat rooms as well - phone chat was only using hearing and talking, now we are a world were the eyes are involved as well and that takes it directly to our minds with out any rest areas on the way. Oh - thank g-d i was still partially sane then.

To be as honest as i can - I still dont feel powerless. Because my sprees are spread out from

spree to spree and are controllable (i dont miss appointments or come home late- minyan i did, humm.. even though its not the way i usually act,um)

I know that there lies the real problem- but i am being honest. Sure i wont to stop while on top(well i dont know if i am- i guess i convince myself i am) but my heart doesn't really feel the powerlessness.

But the more i think about it- it's not that i am not a sexaholic its just the flavor of choice currently. I am sure i would switch flavors in a blink based on circumstances. So i know - I am a sexaholic.

Anyways- lets thank Hashem for today... Zeh Ha'yom Asah Hashem... Hashem gave us a nother day - Nagilah venismicha bo - Lets rejoice and be besimcha my friends.

Have a good chodesh.

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Re: Oh- i am a tired old and worn out man...
Posted by ZemirosShabbos - 04 May 2011 13:52

sometimes it can help to read stories of others who did reach rock-bottom and ruined their lives by following their lust.

in a way chat rooms are more of an immediate threat to ones marriage and family because there is another live, real person involved. as opposed to porn or masturbation where one can easily delude oneself into saying that no one is being harmed or personally involved besides oneself. (just illustrating a point, not passing judgment on what is 'worse').

[heuni memass wrote on 04 May 2011 13:35:](#)

Anyways- lets thank Hashem for today... Zeh Ha'yom Asah Hashem... Hashen gave us a nother day - Nagilah venismicha bo - Lets rejoice and be besimcha my friends.

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Amen, same to you!

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Re: Oh- i am a tired old and worn out man...

Posted by david712 - 04 May 2011 20:07

Shalom and welcome aboard-

David

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Re: Oh- i am a tired old and worn out man...

Posted by heuni memass - 04 May 2011 20:50

ZS- Thanks for the advice. Your point that it maybe worse for marriage...maybe. The amazing thing is, no mater how terrible for marriage it was yesterday (if i would be caught) today we believe its a new day and i am just going for a silly chat to waist time... Nuts!

I guess sometimes we use one day at a time to forget were it got us yesterday. :o

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