

A Poll - Your Biggest Concern

Posted by cordnoy - 18 Dec 2014 09:44

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Which of these bothers you the most?

Do any of those make your life unmanageable?

Can you live with any of them?

Are you addicted to any?

The Poll question, however, is simply: Which of these are you the 'most' worried about?

[It's also possible that the answer can change in time, based upon many factors.]

Thanks

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Re: A Poll - Your Biggest Concern

Posted by cordnoy - 01 Oct 2015 01:52

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[Bigmoish wrote:](#)

It took a while, but you finally convinced me to change my vote.

that was not my intention.

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Re: A Poll - Your Biggest Concern

Posted by abd297 - 01 Oct 2015 01:59

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I'm still stickin' to thoughts and fantasies. They are the root issues for me, the starting point. The rest are just results of me succumbing to my thoughts and fantasies. Just my personal feelings. Up for good discussion though.

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Re: A Poll - Your Biggest Concern  
Posted by Bigmoish - 01 Oct 2015 02:11

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They were not my starting point (or maybe they were, I don't really remember), they will not be the ending point (I hope), they were not my biggest concern for much of my time here; they are simply my biggest concern right now.

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Re: A Poll - Your Biggest Concern  
Posted by serenity - 01 Oct 2015 04:33

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Thoughts and fantasies

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Re: A Poll - Your Biggest Concern  
Posted by markz - 01 Oct 2015 14:43

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It seems only voters get to see the results.

I think it would be highly beneficial if all participants can see them.

Please note your vote on this by commenting or adding a thank you

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Re: A Poll - Your Biggest Concern

Posted by cordnoy - 25 Oct 2015 03:58

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[cordnoy wrote:](#)

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Thanks

As these votes increase, it intrigues me even more.

While I used to focus on "eyes wanderin' in street," now i focus on thoughts and fantasy.

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Re: A Poll - Your Biggest Concern

Posted by markz - 25 Oct 2015 04:03

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[cordnoy wrote:](#)

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I think these are great defining pointers of whether one is an addict or a non addict

Am I making sense?

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Re: A Poll - Your Biggest Concern  
Posted by cordnoy - 25 Oct 2015 04:07

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[markz wrote:](#)

[cordnoy wrote:](#)

[cordnoy wrote:](#)

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Am I making sense?

I have no idea.

it's probably deeper than that.

I generally shy away from philosophical questions.

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Re: A Poll - Your Biggest Concern

Posted by Shlomo24 - 25 Oct 2015 21:24

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[markz wrote:](#)

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Am I making sense?

I don't see how it is.

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Re: A Poll - Your Biggest Concern

Posted by markz - 25 Oct 2015 21:59

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Shlomo,

Someone that HONESTLY votes as

"Trigger-Happy-Finger on Computer"

Id assume belongs to the non addict group, which are accustomed to lust only when challenged

And 'fantasies...' Id think is mostly an addict trait

The other 2 can apply to both, but an addict more, I think.

I have a bigger question, i wanted to ask the great Cordnoy

What was the point of the survey??

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Re: A Poll - Your Biggest Concern

Posted by cordnoy - 25 Oct 2015 22:25

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[markz wrote:](#)

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One can fine tune his recovery tactics.

Re: A Poll - Your Biggest Concern

Posted by Shlomo24 - 25 Oct 2015 22:36

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[markz wrote:](#)

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Id assume belongs to the non addict group, which are accustomed to lust only when challenged

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The other 2 can apply to both, but an addict more, I think.

I wouldn't try to pigeonhole people to being "this" or "that". i am very trigger finger happy on the computer but when i am connected to god i don't look at porn. and many ppl have fantasies even if they aren't addicts. the whole addict/non addict topic (which is a source of great interest to you i gather) is being talked about waaaaay too much on this forum. everyone has their own path of recovery.

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Re: A Poll - Your Biggest Concern

Posted by markz - 25 Oct 2015 22:54

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Yes, I am quite interested in clarifying the types of addiction, and there are gray areas between, and I'm not the only one to do this on the forum

My purpose is to help myself and others on their journey to recovery, to advise some IF they



ask, what steps may be productive for them. There's no one fix for everyone. Correct?

What you said didn't make sense.

Someone that's an addict has greater problems than trigger happy, but when they start recovery everything including trigger happy is relieved - of course!

Fantasizing I'm quite sure is largely an addict problem, you want to research that or should I? Perhaps I'm misunderstanding how you define fantasizing. I think it means someone running p\*\*n in their head in regular basis...

Disregard all what I said, lets hear first why Cordnoy created the vote?

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Re: A Poll - Your Biggest Concern  
Posted by cordnoy - 25 Oct 2015 23:00

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See above.

Nothing to do with addiction.

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Re: A Poll - Your Biggest Concern

Posted by gibbor120 - 26 Oct 2015 16:38

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I have seen many struggle with the "am I an addict" or "am I not an addict" label. (I struggled too). Many "say" it is so that they can use the correct method to "combat" it (addiction or just obsession?). I personally found it useless. I don't think there is a magic label. We are all obsessed/addicted in varying degrees. There are tools to work with. See what works.

The only thing that I think is relevant is for a person to honestly answer is can I control it". If yes, great, so control it.

Many of us have been forced by years of experience to honestly answer "no" I cannot. It controls me, and I don't like it, but I cannot stop either. In that case - seek some help from the "outside". Help cannot be obtained from the "inside" any longer (mussar ect.)

Perhaps I have contradicted myself and also given the definition of addiction. Oh well.

I still don't like the label. I think many people are afraid of the label. Afraid that there is something fundamentally wrong with them if they say "I am an addict". All it means is that you need some help. We all need help at some point.

I think some use the label to hide behind. There is nothing wrong with me. I just have this illness called addiction. I do not like this either. I never liked the "I have an illness" model. It makes addiction sound like catching a cold.

Just rambling. I hope I'm not opening up the proverbial can of worms. This is one of the most often debated topics on GYE.

At the end of the day. Try some tools. See if they work. If not, try more/different tools. Don't

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think too much. Action is where the "action" is