

Posts that I found powerful

Posted by wilnevergiveup - 29 May 2021 19:38

---

This is my spot for reposting some of the posts that really speak to me and maybe comment on them as well . Feel free to read along, or if you have no interest, you can move along on your merry way.

I would love to say that I have been able to implement everything that I have learned here into my life, but that is not the case.

Either way, here goes.

[AlexEliezer wrote on 27 Aug 2013 22:27:](#)

[cordnoy wrote:](#)

so what do you suggest?

no walkin the streets?

takin glasses off?

no computer?

I suggest you do whatever it takes to keep this monster starved.

I hold that looking at women is the single most powerful fuel that keeps this addiction going. (The other is entertaining fantasies). Conversely, vigilantly guarding our eyes is the most powerful tool in *our* hands to overcome it.

...My very sanity is being threatened if I take in her image. The only way I know is to avoid it. If I look because it's still habit to take a first look, I BOUNCE my eyes off her in an instant. This has

become a learned reflex. If I look long enough to enjoy her, or even discern her features, that's way too long. I haven't done it in 4-1/2 years, and coincidentally, have been sober the same time.

Stop listening to your addict.

Commit fully and live!

I found this post, as well as most of his other posts very powerful.

This fight is not about the numbers and the charts. It's not about streaks and promises. It's about starving lust to death (I love that line). It's about being honest and really living without lust, really changing and not just getting by.

I'm not there yet, not even close.

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 29 May 2021 20:01

---

[cordnoy wrote on 29 Jul 2014 17:58:](#)

Found this gem from the Blind Beggar Shlit"a:

I just realized that I objectify all women. The pretty ones are no chiddush, but when I see a fat or old woman and write her off as worthless I am also objectifying her. Fat women and old women are also people, I know some personally and they are real. Lots to learn.

A gem. Writing a woman off for not being "stunning" is the same flawed mindset as worshipping

a woman who all I see in her is my own sexual pleasure.

And on a similar note:

Dov once wrote as follows:

The more I think of a women as an object, the more I am really thinking of myself as less of a person and more of an object: A sexual pleasure-being rather than a real human-being.

=====  
=====

Re: Posts that I found powerful

Posted by wilnevergiveup - 29 May 2021 20:13

---

This one really resonates.

[cordnoy wrote on 11 Aug 2014 19:05:](#)

Due to several emails and conversations and threads, i was thinkin' about startin' a new thread for this upcomin' topic, but decided against it.

Consider here a thread titled: I am just Curious about.....I am not Lustin'

This mornin'.... I was curious about.....

....how the woman in her joggin' suit looked in the rain

....how my wife looked as she was gettin' dressed

....how the singer singin' on the radio 'on and on and on and on' appears on youtube

....how the camp counselor walks in her slinky long skirt

....a different singer - if she ever sang in her birthday suit

Now, each of these thoughts lasted less than 3 seconds (Skep...is that ok?), and only one of the five did I actually attempt to actualize.

That lead to my conclusion.....I was only curious....I wasn't lustin'.

Ha! Malarkey to the tenth degree!

[Ed. note: to be fair to Skep - even though I was jokin'....Skep means (I think) that if one simply notices a woman and his notice lasts less than three seconds - that is simply the way us men are wired, and one should not take stock of that; one should not klap al cheit and go to Arizal's mikvah and do the 40 kachalim - that is ok (certainly for the non-addict, whomever that may be); if he looks more, he is lustin'. Additionally, if one turns to look at a sight he would find pleasure in - even if it is less than three seconds - that also constitutes lustin'.]

This is me to the T. I go onto Youtube (no access anymore but if I would I would probably do the same today) just to check out something, then, just checking out the trailer of the series I used to be into. Then, just doing a search of one of the actors, then, just curious what that one looks like in a bikini....

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 31 May 2021 05:14

---

[cordnoy wrote on 15 Sep 2014 17:42:](#)

Football is a game played by men

Gotta run, hit da ground and get up again

Preparation durin' the week is a definite must

and so it is with recovery from lust.

Gotta shvitz, gotta train, muscles to build

Otherwise, you gonna get killed

Guys on the other side can be pretty tough

Scrownin' and growlin' their looks pretty gruff

If you ain't prepared and you're just skin and bone

Da coach (memories) will bench you - you'll be sittin' alone

you go on that field with a sly silly smile

Cornerback will kick you - for at least half a mile

And so it is when we wake up each morn

And that desire hits - I wanna watch porn

Are you prepared? Did you work on the steps?

Or were you preoccupied with women and sex?

The ultimate goal is to score a touchdown

But a cheerleader, a mascot or a silly clown

Won't get you those points if youre in the band

Playin' the game with the ball in your hand

Yippee I, yippee o; Go team go!

Silly jumpin' jacks - performin' a show

Makes you feel good - bit it takes no courage

Unless you join the big boys on the line of scrimmage.

It may be a sport, but it ain't for no patsies

No style points awarded - unlike the Grammys

All men are welcome to don the uniform and helmet

Work hard and get ready - you won't get the hatchet.

While the ultimate prize is one hundred yards

It's a large playin' field - must always be on guard

Can't do it all at once with a heave and a bomb

Do it methodically - must remain calm

Several yards at a time - over and over

Focused and vigilant - cant afford a turnover

Accumulate first downs - your opponent gets weary

Every ounce of confidence - it begins to get scary

Again and again - you knock him to the ~~grass~~ dirt

he's left starin' at the sky - ~~flat on his~~ bloodied & hurt

Not sure on the nimshal, but one thing's certainly known

To score points - you gotta get outta your comfort zone.

If you keep at what's easy - it'll be good for a while

But eventually you'll return to your old lifestyle

Try somethin' new - that you won't necessarily like

for otherwise, you will have that same old psych

Lust that's inside of us - it wants the big fix

"Connect with me; make me whole" - we were true addicts

Reality driven inward - the connection was magic

the remorse and emptiness - the cycle was tragic

End on a high note - the super bowl shuffle

One can get there - if his feathers he does ruffle

And yet, the focus gotta remain on the play that's ahead

and that decision is really a "life or death"

b'hatzlachah

**Warning: Spoiler!**

I would love to dissect this one but I don't have the patience right now. So much wisdom in this one, just start readn' and you'll see.

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 03 Jun 2021 07:11

---

Here is another gem from Cordnoy.

[cordnoy wrote on 13 May 2015 16:09:](#)

Some guy sent me this in an email this mornin'

When the tayvah comes a brewin'

And the desires begin to stirrin'

Need a checklist of actions to do some churnin'

To get rid of this fire that's burnin'

First things first, say it out loud

Scream it from the rooftops; it's not the time to be proud (hear that fellows)

Verbalize to God that I know I aint in control

And then perhaps, take a five minute stroll (in a safe place)

Time to reassess where it is I am holdin'

Go back to Step 1 - to which we are beholden

Make sure I accept that I will always have this struggle



And that's ok... livin' life on a bubble

No; I will not be one who in life is white-knucklin'

For one can get bogged down if he is constantly strugglin'

Review those tools and make sure they penetrate

to go on livin' life in a true happy state

Nothin' to be gained by lettin' in da little sneak

He will never be satisfied with just one click or quick peek

So throw him da hell out! Let him prowl on da weak!

I am a "12 stepper" and a strong GYE Geek!

So in conclusion for now, for that's all that counts

I have the wherewithal to give him that bounce

I will go on with life to a life that is fit

Not the one ha has in mind, for that's a bunch of \*\*\*!

[Wonder which idiot wrote that!]

=====  
=====

Re: Posts that I found powerful

Posted by wilnevergiveup - 03 Jun 2021 10:14

---

[cordnoy wrote on 07 Sep 2015 21:41:](#)

Saw this:

There's an old Jack Benny bit where a mugger jumps out of the bushes and says, "Your money or your life." Benny just stands there doing nothing until the mugger gets irate and shouts, "I said, 'Your money or your life!'" Finally Benny snaps back, "I'm thinking. I'm thinking."

I am an addict. For me, giving up my addiction is like Jack Benny giving up his money. If you tell me, "Your object of desire or your life," my answer is, "I'm thinking. I'm thinking."

Let me explain to you what it means - to me - to be a recovering addict. Repeated experience has made it abundantly clear that I can either have everything I ever wanted out of life OR I can have the object of my desire. I can't have both. If I work my program of recovery, all my dreams come true. If I have one drink/bite/look, I turn my life into a living hell. But that's not what makes me an addict. What makes me an addict is that - for me - that's actually a tough call to make.

I suppose that since I am in recovery it means that, in the end, I keep deciding that my life is more important to me than my addiction. But that's not a decision that I arrive at without a great deal of daily deliberation. Whenever I am distressed - or sometimes even for no reason at all - I contemplate whether or not I should just at out and let all of the chips fall where they may. After indulging this perverse fantasy for a while, I ultimately decide that it's not a decision I'm prepared to make - not because I wouldn't like to, but because I can't live with the consequences. I know that I will just end up in so much pain that I will have to give up and - if I don't die or go insane first - go back to recovery again anyway. So I choose life. But it's not an instinctive choice. That's how messed up I am. Are you beginning to understand?

Why do I act out?

You know why I act out? I act out because it takes me away from "me." I don't like being "me." Not that I think I would be any happier being someone else, but I definitely don't like being "me." I like numbness. Mental numbness. My mind goes so fast. My brain won't shut up. The thoughts produce feelings faster than my puny heart can bear. My addiction takes care of that. Acting out quiets the "me" and the less "me" there is, the better I feel. When I am really good and drunk, I have these beautiful moments where, suddenly, it doesn't even hurt so much to be "me."

In recovery I have learned that I can get from my relationship with G-d everything that I ever wanted to get out of my addiction. When I give myself up to G-d, it doesn't hurt so much anymore to be "me."

I guess that's really why I stay sober. I know that I said earlier it's because I am afraid of the misery and insanity and death that my acting out would bring. But that's not the real reason. Misery and insanity and death just aren't big enough deterrents to keep an addict like me sober very long. They might be able to scare me straight for a while, but they're not enough to keep me sober day after day. No, the real reason I stay sober is because all I ever wanted from acting out I can get from my relationship with G-d.

And do you know what it was that I wanted out of acting out? Acting out promised that if I could just get rid of "me" long enough, then in that quiet, I would somehow finally be "me."

This is the truth that I've found ~ real life begins when you learn to love G-d with the very heart that loves to act out.

Ooooooh, this ones powerful!

=====  
=====

Re: Posts that I found powerful  
Posted by cordnoy - 03 Jun 2021 11:04

---

[wilnevergiveup wrote on 03 Jun 2021 10:14:](#)

[cordnoy wrote on 07 Sep 2015 21:41:](#)

Saw this:

There's an old Jack Benny bit where a mugger jumps out of the bushes and says, "Your money

or your life." Benny just stands there doing nothing until the mugger gets irate and shouts, "I said, 'Your money or your life!'" Finally Benny snaps back, "I'm thinking. I'm thinking."

I am an addict. For me, giving up my addiction is like Jack Benny giving up his money. If you tell me, "Your object of desire or your life," my answer is, "I'm thinking. I'm thinking."

Let me explain to you what it means - to me - to be a recovering addict. Repeated experience has made it abundantly clear that I can either have everything I ever wanted out of life OR I can have the object of my desire. I can't have both. If I work my program of recovery, all my dreams come true. If I have one drink/bite/look, I turn my life into a living hell. But that's not what makes me an addict. What makes me an addict is that - for me - that's actually a tough call to make.

I suppose that since I am in recovery it means that, in the end, I keep deciding that my life is more important to me than my addiction. But that's not a decision that I arrive at without a great deal of daily deliberation. Whenever I am distressed - or sometimes even for no reason at all - I contemplate whether or not I should just let it all out and let all of the chips fall where they may. After indulging this perverse fantasy for a while, I ultimately decide that it's not a decision I'm prepared to make - not because I wouldn't like to, but because I can't live with the consequences. I know that I will just end up in so much pain that I will have to give up and - if I don't die or go insane first - go back to recovery again anyway. So I choose life. But it's not an instinctive choice. That's how messed up I am. Are you beginning to understand?

Why do I act out?

You know why I act out? I act out because it takes me away from "me." I don't like being "me." Not that I think I would be any happier being someone else, but I definitely don't like being "me." I like numbness. Mental numbness. My mind goes so fast. My brain won't shut up. The thoughts produce feelings faster than my puny heart can bear. My addiction takes care of that. Acting out quiets the "me" and the less "me" there is, the better I feel. When I am really good and drunk, I have these beautiful moments where, suddenly, it doesn't even hurt so much to be "me."

In recovery I have learned that I can get from my relationship with G-d everything that I ever wanted to get out of my addiction. When I give myself up to G-d, it doesn't hurt so much anymore to be "me."

I guess that's really why I stay sober. I know that I said earlier it's because I am afraid of the misery and insanity and death that my acting out would bring. But that's not the real reason. Misery and insanity and death just aren't big enough deterrents to keep an addict like me sober very long. They might be able to scare me straight for a while, but they're not enough to keep me sober day after day. No, the real reason I stay sober is because all I ever wanted from acting out I can get from my relationship with G-d.

And do you know what it was that I wanted out of acting out? Acting out promised that if I could just get rid of "me" long enough, then in that quiet, I would somehow finally be "me."

This is the truth that I've found ~ real life begins when you learn to love G-d with the very heart that loves to act out.

Ooooooh, this ones powerful!

Goodness, who wrote that? Whoever it is doesn't really seem to like me too much.

=====  
====

Re: Posts that I found powerful

Posted by Grant400 - 03 Jun 2021 13:53

---

Maybe you should change the name of the thread to....

**Warning: Spoiler!**

=====  
=====

Re: Posts that I found powerful

Posted by wilnevergiveup - 03 Jun 2021 18:03

---

[Grant400 wrote on 03 Jun 2021 13:53:](#)

Maybe you should change the name of the thread to....

**Warning: Spoiler!**

Then I would call it

**Warning: Spoiler!**

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 04 Jun 2021 05:43

---

This one, I think, is the most powerful of them all. You gotta stick with the program.

From Cordnoy's signature:

*If one gives up at the first sign of a struggle, he is really not ready to be successful."*

*"The right thin' to do and the hard thin' to do are usually the same."*

We can't give up when the going gets tough, that's when it all happens.

[cordnoy wrote on 10 Dec 2020 17:05:](#)

[cordnoy wrote on 29 Aug 2019 18:42:](#)

[Gevura Shebyesod wrote on 07 Jun 2019 03:20:](#)

Wow it's been a while since you last posted here.

Did I see something in that list about finding a lost Cords?

I'm not sure if I'm lost, but.....

After 4+ years of sobriety, I fell.

About 5 months ago (extremely enjoyable, and sadly, I'd probably do it again, if the opportunity arises).

The past 2 weeks as well. Not so enjoyable, and I would like not to do it again.

Three days good.

No real plan yet; we shall see.

Thanks

Some make an erroneous conclusion that if someone fell after years of sobriety, that means the program he was workin' must be a failure. That is incorrect. Firstly, maybe it wasn't for him. Secondly, maybe he didn't work it correctly. Thirdly, and the most important of all, is that it depends on how he proceeds from there. There are many avenues he can take, some good, and that will be a product of his time and efforts in workin' that program, and some will be negative, and, quite possibly, despite of his program workin'.

Personally, whether I fall or not, I have gained tremendously from GYE, SA, the 12 steps, the books, the camaraderie of others, mussar and much more.

Godspeed to all

[cordnoy wrote on 06 Jan 2021 14:11:](#)

[Bigmoish wrote on 06 Jan 2021 05:46:](#)

You should be used as an example of people usin' GYE for a long time, through good times and not as good times, and still stickin' with it.

Not like those other "old timers" who completely vanished. Maybe some are still fightin' the good fight, but many are probably not.

As they say, "the road to secret old timers' forum is paved with..."



Actually, I'm not sure what it's paved with, but if anyone gets there, make sure to drop us a line.

"Stickin' with it" has its ups and downs. Sorta like life. Sorta like marriage. Sex, learnin', business, raisin' kids.

Dat's livin' I guess.

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 04 Jun 2021 05:44

---

Gotta come up for some air. Cordnoy, your threads are so freakin long!

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 04 Jun 2021 07:50

---

[cordnoy wrote on 07 Sep 2015 21:41:](#)

Saw this:

There's an old Jack Benny bit where a mugger jumps out of the bushes and says, "Your money or your life." Benny just stands there doing nothing until the mugger gets irate and shouts, "I said, 'Your money or your life!'" Finally Benny snaps back, "I'm thinking. I'm thinking."

I am an addict. For me, giving up my addiction is like Jack Benny giving up his money. If you tell me, "Your object of desire or your life," my answer is, "I'm thinking. I'm thinking."

Let me explain to you what it means - to me - to be a recovering addict. Repeated experience has made it abundantly clear that I can either have everything I ever wanted out of life OR I can have the object of my desire. I can't have both. If I work my program of recovery, all my dreams come true. If I have one drink/bite/look, I turn my life into a living hell. But that's not what makes me an addict. What makes me an addict is that - for me - that's actually a tough call to make.

I suppose that since I am in recovery it means that, in the end, I keep deciding that my life is more important to me than my addiction. But that's not a decision that I arrive at without a great deal of daily deliberation. Whenever I am distressed - or sometimes even for no reason at all - I contemplate whether or not I should just let it all out and let all of the chips fall where they may. After indulging this perverse fantasy for a while, I ultimately decide that it's not a decision I'm prepared to make - not because I wouldn't like to, but because I can't live with the consequences. I know that I will just end up in so much pain that I will have to give up and - if I don't die or go insane first - go back to recovery again anyway. So I choose life. But it's not an instinctive choice. That's how messed up I am. Are you beginning to understand?

Reminds me of a story I once heard from a famous Rosh Yeshiva. He was once asked to visit someone who was ill. He was obese, had diabetes, heart conditions and loads of other stuff. His doctor told him that if he doesn't change his eating habits, he is going to die very soon.

He wasn't able to muster the strength to change anything. His wife called the Rosh Yeshiva to speak with him and perhaps talk some sense into him.

When the Rosh Yeshiva arrived he asked the man, don't you understand that if you continue eating like this you are not going to live much longer?

The man replied "Rabbi, you don't understand, I live for eating. If I can't eat, I'd rather die."

=====  
=====

Re: Posts that I found powerful

Posted by wilnevergiveup - 08 Jun 2021 07:09

---

There are two parts to this post. The first where he discusses being honest and the end where he talks specifically about lying to our wives because we feel we need to be perfect to be worthy of love. Also applies to other relationships (chavrusas, Rebbeim, Rosh Yeshivas, friends, parents and siblings etc.).

Faking and hiding our shortcomings are the surest way to not be able to deal with them properly. (Dov explained in a later post that he was referring to shortcomings in general and not specifically our lusting.)

[Dov wrote on 01 Aug 2013 15:35:](#)

Hey, nothing changes as long as everything stays the same, right? What's *comfy* is certainly not the best guide for us. In fact, for me, whatever is the **opposite** of 'emotionally comfy' is a far better guide! Funny how that works.

Spoke with **five** new frummies...

"How to get out?," they ask. Well, actually, few ask that. Most are pretty sure they know exactly how to 'quit'...they are convinced that their only *real* problem is **staying out of it forever**.

So most of us talk religion, talk self-control, talk gimmicks or escaping with a 'filter'. Escape from ourselves? We say we are *Guarding Our Eyes*...but are we really just *Guarding Our Lies*?

Anybody else want to elaborate on some of the safety lies we tell to ourselves, to our spouses

and to the good and frum people around us? A newbie on GYE just posted the revelation that the reason his wife was about to leave him and dissolve their family was not because of 'kedusha' issues - but because **he lies to her**. Finally, someone who sees it like it is...

I like staying sober today, so here goes:

One whopper I tell myself is that my wife **must** see me being good, to love me. So I am motivated to fake and hide whatever questionable thing I may be doing right now from her. It risks me getting 'bad press' w/her!

That's a lie. We have learned that when I do right by me, my wife sees that, my kids see that, everyone relevant sees that. And things fall into place.

So I commit to doing the next right thing...and that is gettting dressed now and going to shacharis.

Adios amigos!

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 12 Jun 2021 20:33

---

[Dov wrote on 20 Feb 2017 17:02:](#)

I think Shlomo24 said it all when he wrote that *change requires change*.

And Shteeble said the truth when he wrote that *if it's important to you then spend time on it*.

And I agree w Tiger who wrote that *opening up to a safe person* who understands is the way to go.

All that stuff says to me that if I look at how I conduct myself during the years of acting out, I will learn how to do things right...by basically doing the opposite. Isolation is king when I act out. Heck, even when I'm *not* acting out, the worse I feel the more I tend to isolate. If I am lusting or angry or sad, boy do I make myself lonelier by trachten un trachten, etc. and 'figuring it all out'...cuz after all, nobody can really understand me, right?

So if I wanna get right, then I need to do the opposite and start learning how to make friends, how to share myself without cleaning off all my dirt first, and to practice doing those things. Thinking about them will not help me. Thinking is a great part of my problem itself because it increases my fantasy of self-reliance and 'salvation through havonah' - and those things lead to one thing: more masturbation (in private, of course).

And I have learned that fake named friends are not really real friends. So what you really need ain't happening here staying on any forum. But it's a sweet intro.

And I have learned that self-honesty is the *fruit* of being honest with others. Kind of like na'aseh venishma works...counter-intuitive. The silly brain tells me that I need to first be fully self-honest so that I will know just what to say to others...and that's a lie.

So, continued hatzlocha you are on the path with us knuckleheads!

=====  
=====

Re: Posts that I found powerful  
Posted by wilnevergiveup - 19 Aug 2021 06:30

---

This post is so powerful because it's so authentic and real. It's not just chizzuk, it's someone who went through it helping someone who is going through it realizing that what they are doing/did is superhuman but that it's still possible! This gives little old me so much chizzuk!

[k9 wrote on 17 Aug 2021 04:29:](#)

As far as the struggle: I've been teetering lately. I have been searching keywords that can bring up triggering images. I have not searched directly for explicit material but I've been entering stuff

in the search bar that possibly might give me a hit. I'm being quite pathetic. I'm teetering between keeping my streak going or just throwing in the towel so that leaves me sticking my toes over the line... It's nuts. I've been clean for so long and I'm struggling like crazy...I'm not happy with myself regarding what I've been doing: it's not ok for me even if I don't put "porn" in the search bar...However I held myself back from totally losing control...I was really tempted to!...so that is definitely something!

I've been needing to use a computer a lot lately and it's not filtered... I keep on pushing off to have it filtered...but I really must take care of it ASAP!

[neshamaincharge wrote on 18 Aug 2021 04:35:](#)

k9,

I can SO relate to this!

I struggled with these thoughts and feelings for many years. You can read through my thread for some of it, although I don't think my thread gives enough of an indication of how long I struggled and the immense pain I went through.

The fireproof movie was awesome for me to watch. Probably the most important scene for me was the one where (after much struggle) he finally gets rid of his computer and leaves his wife flowers (where there computer used to be) with a beautiful note...

... and right after that he gets divorce papers from his wife. This was a massive turning point for me. He could've easily gone to victim land and wallowed in self pity and righteous indignation. After all the work that he put in, and all that he's given and given, this is what he gets in return??

This is where greatness is found, and you're on the right track. There is nothing more breathtaking and superhuman (dare I say G-dly?) than continuously giving under these conditions. I read it in your words even with the ups and downs.

Chazak chazak!

You can do this!!!!

[You really can't- it's superhuman, but if you get out of the way, Hashem can do it for you. Now I sound like Dov... :grimacing: ]

Wishing you much Hatzlacha!

=====  
=====