

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

---

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m\*\*\*\*\* habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequent ....and eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching \*\*\*\*

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

=====

Re: laughingman tries to count to 90.....

Posted by ben durdayah - 12 Jul 2016 11:37

---

[laughingman wrote on 12 Jul 2016 11:06:](#)

....but i continue to hope for leniency and help from Hashem

I took the liberty to make that correction.

I am a fellow rollercoaster rider also seeking to get off and become sane.

For what it's worth, I'm among those here for you.

From my (recently lousy) experience, I implore you not to isolate. Share with your safe people.

May you know peace and serenity.

---Eli

=====

Re: laughingman tries to count to 90.....

Posted by laughingman - 12 Jul 2016 17:42

---

For what its worth ...i think im ok actually ....i am being given the chance to really give up lusting

---

====

Re: laughingman tries to count to 90.....  
Posted by ben durdayah - 12 Jul 2016 17:55

---

That's great!

You're previous post seemed to sound very anguished and self-recriminating.

I am glad to hear that you are okay.

(and to see that you corrected the typo that I pointed out...)

E

=====  
====

Re: laughingman tries to count to 90.....  
Posted by OTR - 18 Jul 2016 02:40

---

LM it does sound like you have some kind of personality disorder to be frank. That is good that you are trying to figure out what it is and to deal with it. I know that the more I try to sweep my problems under the rug, the bigger the dust bump under the rug gets \*cough.... and though I may try to continue on as if \*wheeeeeeeze nothing is wrong. In reality I am choking on my own issues \*gasssssssp. Facing them and sizing them up for what they are honestly- is a breath of fresh air.

=====  
====

Re: laughingman tries to count to 90.....  
Posted by ben durdayah - 18 Jul 2016 06:38

---

[OTR wrote on 18 Jul 2016 02:40:](#)

LM it does sound like you have some kind of personality disorder to be frank. That is good that you are trying to figure out what it is and to deal with it. I know that the more I try to sweep my problems under the rug, the bigger the dust bump under the rug gets \*cough.... and though I may try to continue on as if \*wheeeeeeeze nothing is wrong. In reality I am choking on my own issues \*gasssssssp. Facing them and sizing them up for what they are honestly- is a breath of fresh air.

OTR -with all due respect, I would steer clear of diagnostic terms such as "personality disorder."

All of us here have various issues, some the result of our addiction/struggle, others totally unrelated thereto.

LM --- Keep on coming back.

=====

=====

Re: laughingman tries to count to 90.....  
Posted by laughingman - 20 Jul 2016 15:54

---

Frankly otr isnt far off ....i wont go into specifics but ....its a large part of perhaps how i got to the life situation i am in now .....not meaning there is an ongoinh situation i just mean my general life ....i spent years being treated ....not for my own wellbeing but more for other peoples ease of feeling ....not that i was soo difficult ...but why take chances when you can medicate away .....medicine at a young age permanently changes the grey matter in the brain ....i may never know what my birth personality was like .....anyway nu, this is what it ia and ?? ?? ?????? ....and even my falls have taught me soo much .....i still have soo much to accomplish .....but each level or day or accurance gets me closer to the answers i need and the treatment i need

=====

=====

Re: laughingman tries to count to 90.....  
Posted by ben durdayah - 20 Jul 2016 16:00

---

Whatever.

I just meant that its not our call to throw out such terms.

You are who you are today because of your life experience, including medications. Each of us, with our own personal warts and pekelach can grow.

Glad to help in any way possible.

E

=====

Re: laughingman tries to count to 90.....  
Posted by shomer bro - 20 Jul 2016 16:35

---

wow, that's amazing stuff laughingman! keep up the good work

=====

Re: laughingman tries to count to 90.....  
Posted by laughingman - 25 Jul 2016 15:51

---

Today insaw a psychiatrist ....i started talking about my anxiety and depression

..but i cant talk about my sexual problems with a pill dispenser guy ....i think i need a therapist for that ...and someone versed in therapies having to do with people experiencing sexual and marital problems .....i just dont know where to turn to here .....

=====

Re: laughingman tries to count to 90.....

Posted by ben durdayah - 25 Jul 2016 16:35

---

Obviously no one can tell you with whom you will feel comfortable discussing your sexual issues.

OTOH, I find it surprising to view a psychiatrist as a "pill pusher."

I look at such people as no less mental health professionals than therapists.

But its your call.

If you're looking for a referral, I'm sure that there is where to turn.

Don't take this the wrong way, but often when I say something similar ("I can't talk to this one..." "I don't feel comfortable with X, Y, or Z") I am making an excuse not to do something beneficial. Also, will the psychiatrist be able to make the proper call on treatment without knowing about some core issues such as these going on in your life?

I am just writing these lines because, for some reason, I feel your pain.

=====  
=====

Re: laughingman tries to count to 90.....

Posted by thanks613 - 25 Jul 2016 22:02

---

Finding the right therapist could be tricky, but it's good advice not to be too selective. Also, looking at the first visit as a consult might not be a bad idea - maybe one therapist won't have the expertise you want, but can help you find another. Just a thought

=====

=====

Re: laughingman tries to count to 90.....  
Posted by laughingman - 29 Jul 2016 13:02

---

Soo .....my father in law passed away .. ..and i am the only capable adult in my family now  
.....my entire immediate family .....my wife is sick...my parents are in a nursing home ...my  
mother in law is older...my kids are my kids ....i have aome friends sure ...but its still very  
stressful ...

I have been trying to help my wife feel that i am there with her in her time of need ...i hope i am  
helping enough ....i get tired easily now ....i was given zoloft by my doctor ....hopefully this will  
help...

=====

=====

Re: laughingman tries to count to 90.....  
Posted by Gevura Shebyesod - 29 Jul 2016 14:22

---

BD"E. May Hashem give you the strength, patience and serenity to fulfill all your responsibilities.

=====

=====

Re: laughingman tries to count to 90.....  
Posted by OTR - 29 Jul 2016 18:07

---

[laughingman wrote on 25 Jul 2016 15:51:](#)

Today insaw a psychiatrist ....i started talking about my anxiety and depression

..but i cant talk about my sexual problems with a pill dispenser guy ....i think i need a therapist  
for that ...and someone versed in therapies having to do with people experiencing sexual and  
marital problems .....i just dont know where to turn to here .....

You kind of slipped that one in under the radar. Congratulations for you for taking that step and going to talk to someone. It's funny because I have someone in my family who also sees a psychiatrist, they are pretty good and recognized a lot of the issues this person is dealing with. The doctor suggested that in conjunction with the medication he was giving, this person needed to also work through the issues with a social worker. And this proved to be completely true. LM keep looking for your 'cure' and trying different things. Kol hakavod to you for taking this important step and thank you for sharing it with us.

=====

=====