

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by GrowStrong - 16 Jan 2017 14:03

There is a psychotherapist called Ross Rosenberg who i came across recently who has a really encouraging and thoughtful that i know i can do this for good. I interesting updated take on co-dependency which he calls Self-Love Deficit Disorder. There's no difference he is just redefining it. The definition makes a lot more sense to me than the words Co-dependency which I find hard to grasp fully their meaning.

Here are a some highlights in his words.

1. "Codependency" is an outdated term that connotes weakness and emotional fragility, both of which are far from the truth. The replacement term, "Self-Love Deficit Disorder" or SLDD takes the stigma and misunderstanding out of codependency and places the focus on the core shame that perpetuates it. Inherent in the term itself is the recognition of the core problem of codependency, as well as the solution to it.

2. The absence of self-love results in deeply embedded insecurities that render a person powerless to set boundaries and/or control their narcissistic loved ones. The person with Self-Love Deficit Disorder, the SLD, is often oblivious or in denial about their dysfunctional relationships patterns with narcissists, as to admit to it, would require them to face their core shame and pathological loneliness.

10. When an SLD sets a boundary, insists on fairness or mutuality, or attempts to protect themselves from harm, the PNarc (sex addict) partner punishes them with some form of active or passive aggressive retaliation. The actual consequence, or the threat of it, freezes the SLD

inside their unhappy dysfunctional relationships. Over time, the PNarc achieves complete dominance over the relationship because they have systematically extracted any semblance of self-confidence and courage from the SLD.

11. SLDD often manifests as an addiction. The enthralling emotional drama of dysfunctional relationships or the belief that the SLD can control a PNarc is the “drug” to which SLD’s become addicted. Despite losses and consequences, the SLD addict hypnotically pursues their drug of choice. “Relapse” is inevitable if the SLD should leave the PNarc before resolving the underlying problems responsible for the addiction.

12. Pathological loneliness and the fear of it drives SLDD addiction. It is SLDD addiction’s primary withdrawal symptom, which lasts between two to six months. This toxic form of loneliness is excruciatingly painful and is experienced physically, emotionally, existentially, and spiritually. In the throes of pathological loneliness, the SLD feels isolated, unloved, unsafe, and fundamentally unworthy.

13. Core shame drives pathological loneliness. It is the feeling of being fundamentally damaged, bad and/or an unlovable. Core shame was caused by attachment trauma.

16. According to the rules of “relationship math,” the addition of $\frac{1}{2} + \frac{1}{2}$ (an SLD and PNarc) = 1, which is $\frac{1}{2}$ of a relationship comprised of enmeshed and dependent partners. But the addition of a $1 + 1$ (two self-loving individuals) = 2, which is 1 whole relationship comprised of mutually and reciprocally loving interdependent adults.

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Re: I will make it b"h

Posted by MayanHamisgaber - 16 Jan 2017 14:16

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Re: I will make it b"h

Posted by Markz - 16 Jan 2017 14:26

[MayanHamisgaber wrote on 16 Jan 2017 14:16:](#)

thanks for the update

i might add do to the above that though my wife might have something to do with a narcissistic parent she has and we still do talk about it when she gets overwhelmed by it (usually with a good cry) but she knows that i love her and we support each other alot i think that we have a 1+1=2

relationship.

B'hatzlacha

May you be zoche to get your math right

1+1=1

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Re: I will make it b"h

Posted by Singularity - 16 Jan 2017 14:53

[Markz wrote on 16 Jan 2017 14:26:](#)

[MayanHamisgaber wrote on 16 Jan 2017 14:16:](#)

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B'hatzlacha

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1+1=1

amen.

is that the narcissism talking? ;-)

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Re: I will make it b"h

Posted by Hashem Help Me - 16 Jan 2017 14:58

I suffer from codependence. Sometimes when i help someone else i go overboard and take over. It comes along with very unhealthy feelings. Where can i read up more about this?

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Re: I will make it b"h

Posted by Hashem Help Me - 16 Jan 2017 17:13

I find it incredible. This website i thought was specifically for sexual issues and lo and behold its a place where one can iyh straighten out their lives.

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Re: I will make it b"h

Posted by Shlomo24 - 16 Jan 2017 17:34

I just want to point out that codependency is not inherently a problem. Most people are codependent on some level, but when it starts taking over someone's life is when there are issues. Probably every Jewish mother is codependent to some extent.

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Re: I will make it b"h
Posted by MayanHamisgaber - 16 Jan 2017 20:44

testing

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Re: I will make it b"h
Posted by MayanHamisgaber - 16 Jan 2017 20:50

day 28

had a really good day nothing to right home about cept that was alone int he house for awhile and didn't even try to get around the filter

thanks all for the thoughts and markz you should know that i got a+/100% on math in high school while sleeping through most classes but you are right $1+1=1$ should be the equation but i think that 3 years is to quick to be able to get that

by the way does anyone know how to prove that $.9999999999999999.....$ equals 1 ?

B'hatzlacha

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Re: I will make it b"h

Posted by Gevura Shebyesod - 16 Jan 2017 22:00

[MayanHamisgaber wrote on 16 Jan 2017 20:50:](#)

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B'hatzlacha

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Re: I will make it b"h

Posted by Singularity - 17 Jan 2017 08:11

[Hashem Help Me wrote on 16 Jan 2017 17:13:](#)

I find it incredible. This website i thought was specifically for sexual issues and lo and behold its a place where one can iyh straighten out their lives.

And such are the 12 steps, too...

Want a real proof, mayan? I like maths.

$$x = 0.999\ldots$$

$$10x = 9.999\ldots$$

$$10x - x = 9.999\ldots - 0.999\ldots = 9$$

$$9x = 9$$

$$x = 1$$

$$1 = 0.999$$

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Re: I will make it b"h

Posted by MayanHamisgaber - 17 Jan 2017 12:13

so true this was one of my fathers favorites...

do you have others?

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Re: I will make it b"h

Posted by MayanHamisgaber - 17 Jan 2017 20:07

notin to report shiur went well learning going well life is great b"h

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Posted by MayanHamisgaber - 17 Jan 2017 21:12

Gevura Shebyesod wrote on 16 Jan 2017 22:00:

MayanHamisgaber wrote on 16 Jan 2017 20:50:

day 28

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B'hatzlacha

Yeah, use a Pentium processor

what is that?

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