

Here we go....

Posted by annon12345 - 02 Mar 2017 14:30

Day 3 actually... though day one in the forum...

Married b"h 5 kids..

I have 2 really hard components in my struggle

1) I work in and with computers... as much as i try to install CE on everything i come across the corporate devices don't work with CE... and at work there are computers and similar devices everywhere

2) Not a therapist disclaimer :-)) but I am sure I can use some self esteem boosters, to give gayva a plug i like to think im good looking,built well and have a gr8 sense of humor.... I fall into the trap of seeking validation in chatrooms (they still exist you'd be surprised) B"H i don't have enough self confidence to strike up conversations with women at work etc... LOL

Anyways been a constant on and off again struggle for more than 15 years and since there is no shortage of hishtadlos here I am

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Re: Here we go....

Posted by cordnoy - 02 Mar 2017 14:42

Welcome,

Recovery should be with hatzlachah.

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Re: Here we go....

Posted by Markz - 02 Mar 2017 14:57

Welcome!!!

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Re: Here we go....

Posted by Singularity - 02 Mar 2017 15:34

[annon12345 wrote on 02 Mar 2017 14:30:](#)

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Welcome! Hope to see more of you. Keep us posted.

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Re: Here we go....

Posted by GrowStrong - 02 Mar 2017 18:29

[annon12345 wrote on 02 Mar 2017 14:30:](#)

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I too work online, that is my struggle. CE lasted a week until i got the first report and had to remove it from everything because it was so broken for how i use the internet.

I too am good looking with a great sense of humor.

You say you are good looking and have a great sense of humor and physique.

You wouldn't say it if it were not true.

So maybe its not validation that you need about these things and its deeper things that need to be validated.

I hate to jump in at the deep end, with no real background, but these validations (superficial ones and the need to be loved also) need to come from our wives.

I personally ask for them quite often... although i have started to ask less and believe more.

We have no background at all on your marriage, but for most of us, our struggles had an effect on the marriage. I am starting to work on my struggles and slowly i am learning to say the right things in my marriage. For some its all one sided (here many argue its completely our fault) but obviously she has her own history and past and struggles like everyone.

So two options.

Either your marriage is great and you just need more wives.

Or you are (currently/in the past) not getting the validation you need from inside the house.

If the former, work on your tayvas.. If the latter - then you need to go on that journey with yourself to find out whats missing.

Much brocha on your journey to becoming self aware and sober!

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Re: Here we go....

Posted by cordnoy - 02 Mar 2017 18:34

I believe we used to have an "add a pilegesh" poll/survey/thread.

Perhaps it's a business waitin' to be started?

Shark tank?

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Re: Here we go....

Posted by GrowStrong - 02 Mar 2017 18:51

[cordnoy wrote on 02 Mar 2017 18:34:](#)

I believe we used to have an "add a pilegish" poll/survey/thread.

Perhaps it's a business waitin' to be started?

Shark tank?

Shark Tank has seen more than enough bad dating apps.

Personally i think Pilegish is a very outdated concept, did you ever hear of womens lib?

Second (third,fourth) wife is the way you want to go with this startup idea.

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Re: Here we go....

Posted by Markz - 02 Mar 2017 19:03

[GrowStrong wrote on 02 Mar 2017 18:51:](#)

[cordnoy wrote on 02 Mar 2017 18:34:](#)

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Maybe 5 years ago when the Men and Women's forum was combined. You came too late

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Re: Here we go....

Posted by Gevura Shebyesod - 02 Mar 2017 19:04

if you add a piligesh your wife will throw you in the shark tank

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Re: Here we go....

Posted by GrowStrong - 02 Mar 2017 19:15

You came too late

I have never been accused of this.

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Re: Here we go....

Posted by anon12345 - 02 Mar 2017 19:29

[GrowStrong wrote on 02 Mar 2017 18:29:](#)

[anon12345 wrote on 02 Mar 2017 14:30:](#)

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Much brocha on your journey to becoming self aware and sober!

LOL

sure I like to dive in head first :-D

Baruch hashem i am the luckiest man with my wife.... she is a real good sport in so many ways (no idea about some of the things i do etc....) in terms of validating the superficial... she doesn't and to an extent that bothers me... i mean i did the whole p90x multiple times... i mean im pretty ripped... 6 pack and all..... she pays little to almost no attention to it.. and i dont even bother bringing it up i have given up on getting validation from her about it..... (now i just stare at myself in the mirror and thank hashem for such a beautiful creation LOL)

and yes on a really real level it causes me to seek that validation from ladies whom i know will oggle at my biceps so yeah thats hard.....but only in so much that it causes me to go astray.....

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Re: Here we go....

Posted by GrowStrong - 02 Mar 2017 19:37

[annon12345 wrote on 02 Mar 2017 19:29:](#)

[GrowStrong wrote on 02 Mar 2017 18:29:](#)

[annon12345 wrote on 02 Mar 2017 14:30:](#)

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GYE - Guard Your Eyes

Too work online, that is my struggle. CE lasted a week until i got the first report and had to remove it from everything because it was so broken for how i use the internet.

Hi and welcome to the class of 5777
I too am good looking with a great sense of humor.

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You wouldn't say it if it were not true.

Lets be buddies!

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So its basically entirely superficial?

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Re: Here we go....

Posted by annon12345 - 02 Mar 2017 20:10

as opposed to?

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Re: Here we go....

Posted by cordnoy - 02 Mar 2017 21:19

[GrowStrong wrote on 02 Mar 2017 19:15:](#)

You came too late

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Post of the ~~year~~ decade!

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Re: Here we go....

Posted by cordnoy - 02 Mar 2017 21:20

[annon12345 wrote on 02 Mar 2017 19:29:](#)

[GrowStrong wrote on 02 Mar 2017 18:29:](#)

[annon12345 wrote on 02 Mar 2017 14:30:](#)

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Is this guy bein' serious?

Does anyone know?

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