

Boredom

Posted by lightchaim - 13 May 2012 21:47

I just fell today because I was just bored I wasn't feeling well so I just stayed in my room. What do you guys do when your'e bored?

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Re: Boredom

Posted by Machshovo Tova - 13 May 2012 21:56

Dear friend,

I can't tell you what I do when I am bored, because I do many different things. However, I can tell you what I do not do when I am bored. Being bored is no excuse to ruin your life and make yourself miserable. You need to be committed to stay sober regardless of what comes your way. If you find that too hard, ask Hashem to help you. Nothing is too hard for Him.

Hatzlacha,

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Re: Boredom

Posted by DesertLion - 15 May 2012 08:24

First thing I do when I'm bored is to make sure I don't start random web browsing because we all know where that leads. Second thing I don't do is to start touching myself to see how sensitive things are or how immense my manhood is and other such childish things.....

Instead, I usually get out of my room and go and lift some weight to work off the tension, go out and play some basketball or football for 10 minutes.

Or, if I'm feeling very good and disciplined then I get on with what I should be doing i.e. work

If that's unpalatable then try listening to music or playing an instrument, playing a computer game for a short while just to get past the urge (I like blasting aliens to pieces as a colonial marine and imagining I'm pulverizing some Klipahs haha) or calling a friend. Oh and going to the kitchen and exploring what's in the fridge is also nice.

Just some food for thought.....Hope that helps!!!

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Re: Boredom

Posted by tehillimzuggger - 15 May 2012 16:15

CHOCOLATE

definitely chocolate

chocolate is always good

seriously, listen to some music

read a book

ponder the questions of life

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Re: Boredom

Posted by ZemirosShabbos - 15 May 2012 18:04

here is a great place to start if you're ever bored, it has serious stuff, fun stuff and some really wacky stuff too

www.guardyoureyes.org/forum/index.php?topic=4380.msg116443#msg116443

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Re: Boredom

Posted by tehylimzugger - 15 May 2012 18:16

When I said

Ponder the questions of life

I meant the really important ones, the ones all around us, for starters:

[TehylimZugger wrote on 13 Feb 2012 12:16:](#)

did you ever wonder why yankee doodle used a pony instead of a horse?

can a pony support the weight of a grown man?

maybe he was a child, is that why we sing the song to children?

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Re: Boredom

Posted by Eye.nonymous - 15 May 2012 21:51

When I'm bored I come to GYE and do a lot of posting.

--Elyah

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