

i fell...

Posted by nitzotzeloki - 03 Feb 2013 15:46

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last week i was really sick. i avoided staying in bed like the plague because from previous experience being alone in my room, in my bed for long periods of time can be problematic. thing is i wasn't getting the rest that i needed, got in a fight with my roommate 'cause i was sick and grumpy, felt sorry for myself and fell.

i'm posting this now for two reasons

A. although i know that the Y.H. doesn't just try to get us down he tries to make us stay down, and beating myself up for what happened is purposeless, i still have to be honest. for me that's one of the big gifts of this website. as hard as it is for me to admit even to a nameless faceless group of people who don't know who i am, that i fell, at least here i'm able to bring myself to do it. Thank G-d it was a 'small' slip and everything has been okay since.

B. i'm looking for suggestions for those times when i SHOULD be staying in bed recuperating. you'd think that being sick would make things easier but the Y"H doesnt take time off

thanks alot

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Re: i fell...

Posted by Avrom - 03 Feb 2013 18:16

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I agree with you, beeing sick is one of the hardest nisyanos. If you have a phone or computer without filter its like a ticking time bomb!! Get a filter as soon as possible. Even though our past shouldnt make us depressed, but it is very important to realise where our weekspots are. I compliment you to have found yours. Dont think it will be easier next time!

I also urge you to use the THaphsik method. I dont know who had the idea, but the system is brilliant. At first i thought it was a forbidden to make shvua for any reason. But the Or Hachaim writes clearly that in these areas, its not only not a aveira but a MITZVA! Make sure to read the all the insructions before you make any shvua!!!

And I aslo highly recomend to listen to shiurim of the "shmiras eynayim group" by Dovi Frank at 4.45.-- I listen to recordings when i feel week. (2092551099 code 454413 shiur 19# for the shiur about taphsik)

Refuah Sheleima!

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Re: i fell...

Posted by nitzotzeloki - 13 Feb 2013 22:58

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i have joined the filtered.

i had been justifying my pushing it off by saying to myself that i work online and if i cant access something that i need for work i'll be stuck. then i fell. again. the things im capable of convincing myself of amaze me. what i finally did was contact my boss, who's a friend of mine, and ask HIM to install K9 so if there is a kernel of truth to my justification he can remotely access my computer and let me access the SPECIFIC page i need. i know this does not remove the Y"H but at least i have some type of geder up.

back to climbing

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Re: i fell...

Posted by ZemirosShabbos - 13 Feb 2013 23:03

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kol hakavod!

chazak ve'ematz

much hatzlocha

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Re: i fell...

Posted by melost - 14 Feb 2013 18:05

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u have done the best thing not got upset and u have learnt from the fall try and write down what led to u fallingt

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Re: i fell...

Posted by inastruggle - 15 Feb 2013 22:35

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I decided that the next time (hopefully never) i'm not going to bring anything that can help me fall into bed. just books shiurim etc. Hopefully that will keep me too busy to think about devarim assurim.

Maybe it would also help if you think about what the ramba"m says about z'l healthwise (i doubt that would work for me, when the tayvah hits me thinking usually doesn't help)

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My last fall also happened when i was sick in bed