

a new start

Posted by mggsbms - 24 Jun 2015 14:48

After being here for many years and succeeding sometimes more then others, I have left GYE. im trying to start this thing again with renewed motivation hopefully with good results.

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Re: a new start

Posted by yiraishamaim - 29 Jun 2015 03:02

Yeah, we are supposed to be aware of ourselves but sometimes it can lead to self-absorption otherwise known as selfishness.

I hope you are aware that doing for others-chesed-is a fundamental part of recovery

At any rate, 6 days is great and tomorrow you will I"H reach a GYE milestone of 7 days.

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Re: a new start

Posted by Pidaini - 29 Jun 2015 04:12

Overthinking, a typical attribute by lots of us here!

It's really amazing how much energy gets used by all that thinking, and the mood swings that I can get from them....sheesh!

BUT...That having been said, trying to fight it has never worked. When I realize what I'm doing, the only thing that helps to not let it get in my way is to just smile at myself, acknowledge that it's not really that important, and try to continue something more productive.

KOMT!!! KOP!!

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Re: a new start

Posted by pischoshelmachat - 29 Jun 2015 15:22

What a great idea. Every time I think about how I feel, I can call my wife to see how she is doing.

Now I will not need reminders to contact my wife, my own selfishness will remind me.

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Re: a new start

Posted by abd297 - 29 Jun 2015 16:38

Keep it up. Glad to hear that you are doing well.

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Re: a new start

Posted by mggsbms - 02 Jul 2015 04:21

day 9

all is good b"h in the lusting department. i'm having some very strong anxiety episodes which may or may not be related to withdrawal symptoms, i would imagine that it has somewhat to do with it since iv'e been surviving through lust for the last several months

a point. the nature of my job is so that i am in a constant struggle of gaining approval of a whole lot of people. that has exacerbated my nature of being a taker not a giver because i am

constantly evaluating myself how did i perform in the eyes of others, am i getting what i need am i being approved of etc. after a days work of working on getting and not being sure that i actually received what i crave for, i naturally descend to the outlet of ultimate taking which is lust. by going into my job striving to be a giver and actually practicing it i might be able to alleviate this addiction.

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Re: a new start

Posted by cordnoy - 02 Jul 2015 04:37

Some good thinkin' there, but I am sure there are many facets of life where you can focus on givin'.....howbout marriage? i know that's a yuchy one, so perhaps you can think of other scenarios.

bhatzlachah

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Re: a new start

Posted by unanumun - 02 Jul 2015 20:46

[mggsbms wrote:](#)

day 9

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There is a book called "7 habits of highly effective people". In his first habit he discusses ways of turning situations like you describe into being proactive and not relying on approval as much as seems necessary.

I recommend it. It is a good read and might be beneficial to you.

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Re: a new start

Posted by mggsbms - 03 Jul 2015 02:17

unanumen wrote "There is a book called "7 habits of highly effective people". In his first habit he discusses ways of turning situations like you describe into being proactive and not relying on approval as much as seems necessary.

I recommend it. It is a good read and might be beneficial to you"

thanks a lot will definetly look into it

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Re: a new start

Posted by mggsbms - 06 Jul 2015 16:15

day 14 b"h, it has been a real new start so far so good

unanuman thanks so much for the referral to this great book, so much chochmas hachaim its riveting !!

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Re: a new start

Posted by mggsbms - 07 Jul 2015 16:19

We all know the famous story of the truck that got stuck under an over pass till someone came along and introduced the brainstorm of letting out some air from the tires. Reb m biderman uses this as an ingenious metaphor to those of us who are stuck in life – lets leave out some air and not be so full of our-self's... Then we will actually get moving .

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Re: a new start

Posted by Gevura Shebyesod - 07 Jul 2015 18:43

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Re: a new start

Posted by mggsbms - 14 Jul 2015 12:40

day 22

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Re: a new start

Posted by lamplighter - 14 Jul 2015 13:07

hey yshar koach!

i heard once that 22 is the gimatria becho wich alludes to "becho yevorech isroel"

hashem gives you his brocho!

good luck!

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Re: a new start

Posted by mggsbms - 14 Jul 2015 16:25

every action has a philosophy behind it, my acting out is based on the philosophy that lust is my right.

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