Tips for travelling
Posted by bearman13 - 22 Feb 2016 03:40

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Hi guys,

So I've made a lot of progress and really improved myself in this area of struggle. A large thanks to this forum and just knowing that there are others out there struggling with the same thing and succeeding as well.

However one weak spot I have is when I travel for work. I have a lot of systems that protect me on a day-to-day basis - internet filters, daily habits, exercise, avoiding certain things, etc. However occasionally I have to travel for work and I find that those are the times when I am most at risk. This is because all my systems are not there, and I'm outside my usual behavior, and often in places that I wouldn't normally place myself.

I about to embark on a work trip and so am nervous about it and looking for help to protect myself. Anyone else out there have this problem with travel? How do you handle it? Any tips?

Much appreciated!

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Re: Tips for travelling
Posted by lomed - 22 Feb 2016 03:58

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Hi Bearman,

First keep up the good work.

I relate. i would reach out to a fellow member before and during and after the trip. this would help me remember what i am trying to acheive and to keep it going.

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Lots of hatzlacha

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Re: Tips for travelling
Posted by Yesod - 22 Feb 2016 04:50

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Totally get what you're saying. Traveling scares me as well. It totally takes me out of myself in many ways. So i get your fear.

I would agree with what was said. Plan on being on touch with people who would anchor you to your commitments and values, in other words, connect, daily.

Much Hatzlocha

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Re: Tips for travelling
Posted by cordnoy - 22 Feb 2016 05:05

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It should be with hatzlachah.

This is why we say that learnin' how to live life can be a better solution. Life is with you even when you don't have a filter. It is there even when you are eatin' potato chips. One lives life even in an airport.

Wishin' you well

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Re: Tips for travelling
Posted by bearman13 - 24 Feb 2016 01:04

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Thanks everyone for the tips and support. I agree it is important to have a plan beforehand. I will make sure I am in touch with close family and friends regularly, ensure that the internet blocking is still on on my mobile devices (in the past when travelling for work I have turned off the filter which has been a bad move). I will also try and post more on this forum to keep in touch with this community.

Thanks!!

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Re: Tips for travelling
Posted by markz - 24 Feb 2016 01:17

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[bearman13 wrote](#)**:**

Thanks everyone for the tips and support. I agree it is important to have a plan beforehand. I will make sure I am in touch with close family and friends regularly, ensure that the internet blocking is still on on my mobile devices (in the past when travelling for work I have turned off the filter which has been a bad move). I will also try and post more on this forum to keep in touch with this community.

Thanks!!

Maybe try post when you're traveling

And also when you're parked too

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Re: Tips for travelling
Posted by neshamaincharge - 24 Feb 2016 02:35

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You can also check out the road warriors thread

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Re: Tips for travelling
Posted by Bigmoish - 24 Feb 2016 20:52

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guardyoureyes.com/forum/17-Balei-Battims-Forum/240095-Road-Warriors

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