

Temptation

Posted by seinayim - 06 Mar 2019 15:28

I've been struggling recently. A bit too much free time and boredom - the curiosity and the drive is leading me to very bad places

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Re: Temptation

Posted by Dave M - 06 Mar 2019 16:54

Hi and welcome,

This may be obvious, but lack of structure is very dangerous, especially when it comes to this nisayon. Is there anything you can do to provide for yourself a more solid structured day? Are you in yeshiva or working or something else??

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Re: Temptation

Posted by Trouble - 06 Mar 2019 17:07

[seinayim wrote on 06 Mar 2019 15:28:](#)

I've been struggling recently. A bit too much free time and boredom - the curiosity and the drive is leading me to very bad places

#me2

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Re: Temptation

Posted by seinayim - 06 Mar 2019 21:57

I work but am having a few days staycation

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Re: Temptation

Posted by ColinColin - 07 Mar 2019 03:14

Draw up a timetable for your staycation.

Arrange visits to the sick and elderly relatives who will be at home whilst your contemporaries are at work.

If not possible, draw up schedule for reading, exercise and study.

Plus a list of tasks which need doing around the house.

Sort through your clothes, books, CDs etc. to see if anything can be donated to charity.

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Re: Temptation

Posted by Hyr - 08 Mar 2019 06:42

Yeah, doing nothing will lead you astray again. That's why it's very important you do something - anything - especially things that'll get you out of house. If you like learning, go learn out of the house.

Take walks, exercise, hike, listen to music, read, write - whatever works for you.

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