

Grant's Rants

Posted by Grant400 - 30 Apr 2023 22:12

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Seem to be out of the woods now.

On the way back in.

How long will it take to get there?

That's 100% up to me.

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Re: Grant's Rants

Posted by Grant400 - 14 Jun 2023 20:56

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### **Step three: Surrender**

You must surrender to the fact that you will never understand what this step is supposed to mean.

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Re: Grant's Rants

Posted by Grant400 - 15 Jun 2023 01:33

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Those days when the sky is blue, the birds are chirping in the soft breeze and I feel light and free - make all the battles worth it.

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Re: Grant's Rants

Posted by Grant400 - 16 Jun 2023 14:03

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Cleaning. Affection. Cooking. Shopping. Gifts. Helping. Laundry. Notes. Concern. Etc.

If you are doing this because of an endgame in mind, you are still being selfish.

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Re: Grant's Rants

Posted by richtig - 16 Jun 2023 14:13

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[Grant400 wrote on 16 Jun 2023 14:03:](#)

Cleaning. Affection. Cooking. Shopping. Gifts. Helping. Laundry. Notes. Concern. Etc.

If you are doing this because of an endgame in mind, you are still being selfish.

Or out of guilt

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Re: Grant's Rants

Posted by chaimoigen - 16 Jun 2023 16:26

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[richtig wrote on 16 Jun 2023 14:13:](#)

[Grant400 wrote on 16 Jun 2023 14:03:](#)

Cleaning. Affection. Cooking. Shopping. Gifts. Helping. Laundry. Notes. Concern. Etc.

If you are doing this because of an endgame in mind, you are still being selfish.

Or out of guilt

All true. But positive actions, with a focus on using them to connect to the desire to connect and give out of unsullied loving, are a wonderful tool. So I try to wind the awareness into a re-directing... Meaningful eye contact helps, too.

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Re: Grant's Rants

Posted by Grant400 - 18 Jun 2023 13:35

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In order to love your wife, you don't need to think, believe or convince yourself:

She's the prettiest woman that exists.

She has the best personality ever.

She deserves the best in middos award.

She's the most selfless and giving wife of all time.

She needs to make you happy (in all ways...) at all times.

You would be miserable with the other one.

Etc.

You are allowed to just love her to pieces - because she is yours.

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Re: Grant's Rants

Posted by iLoveHashem247 - 18 Jun 2023 17:41

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[Grant400 wrote on 18 Jun 2023 13:35:](#)

In order to love your wife, you don't need to think, believe or convince yourself:

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Etc.

You are allowed to just love her to pieces - because she is yours.

I am in the middle of re-listening to rabbi Bentzion Shafier's Shmuz #47 "cognitive restructuring" which touches exactly on this subject!

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Re: Grant's Rants

Posted by Grant400 - 19 Jun 2023 13:41

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You know that way we tell a friend "It's totally ok" - when it's completely not?

You know the way we apologize to the cop even though we don't think it's justified?

You know the way we give our friends the benefit of the doubt?

Why not try that with our wives?

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Re: Grant's Rants

Posted by Grant400 - 19 Jun 2023 17:03

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Keep your heart on forever, but your mind on today.

[- Richtig June 19 2023](#)

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Re: Grant's Rants

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Posted by chaimoigen - 20 Jun 2023 01:00

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[Grant400 wrote on 19 Jun 2023 17:03:](#)

Keep your heart on forever, but your mind on today.

[- Richtig June 19 2023](#)

Richtig - Back in Yeshiva it was major stuff if the Rosh Yeshiva spoke you out in shiur....

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Re: Grant's Rants

Posted by richtig - 20 Jun 2023 01:06

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[chaimoigen wrote on 20 Jun 2023 01:00:](#)

!!!! I made a bet with myself that you'd quote this line!!!

[Grant400 wrote on 19 Jun 2023 17:03:](#)

Keep your heart on forever, but your mind on today.

[- Richtig June 19 2023](#)

Richtig - Back in Yeshiva it was major stuff if the Rosh Yeshiva spoke you out in shiur....

much obliged

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Re: Grant's Rants

Posted by iLoveHashem247 - 20 Jun 2023 12:45

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Just as addiction and alcoholism are progressive, so too is recovery. Just as the craving increases as it's indulged, so too is the serenity of recovery.

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Re: Grant's Rants

Posted by Grant400 - 20 Jun 2023 13:29

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Never does my mind move as fast as it does - when it seeks to place blame on anyone but myself.

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Re: Grant's Rants

Posted by Grant400 - 21 Jun 2023 13:54

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Being disciplined and in control doesn't have to mean you can face obstacles head on and conquer them, it can also mean you plan accordingly to remove the obstacles, making success more realistic.

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