

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 iwillmanage - 09 May 2023 20:17

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[Grant400 wrote on 09 May 2023 17:39:](#)

It hurts like hell, but that's ok.

Thank you. I was just thinking about that concept today.

It helps to keep in mind that spiritually as well, pain is a sign of life. The dead feel nothing.

I also find it comforting to think that ultimately it will hurt like hell a lot harder if I succumb to this pain.

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Re: Grant's Rants

Posted by Grant400 - 11 May 2023 15:50

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Hope is not a plan.

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Re: Grant's Rants

Posted by Captain - 11 May 2023 18:05

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[Grant400 wrote on 11 May 2023 15:50:](#)

Hope is not a plan.

A filter is also not a plan, though it at least can be part of one.

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Re: Grant's Rants

Posted by Grant400 - 11 May 2023 20:29

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[Captain wrote on 11 May 2023 18:05:](#)

[Grant400 wrote on 11 May 2023 15:50:](#)

Hope is not a plan.

A filter is also not a plan, though it at least can be part of one.

100%

Though for me a filter is definitely more than just part, it's one of the foundations. I must remove access or it's completely hopeless. But at the same time if that is all my plan consists of, it's hopeless as well.

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Re: Grant's Rants

Posted by cordnoy - 11 May 2023 21:10

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[Captain wrote on 11 May 2023 18:05:](#)

[Grant400 wrote on 11 May 2023 15:50:](#)

Hope is not a plan.

A filter is also not a plan, though it at least can be part of one.

Hope is probably a factor in a plan as well. And as Fyodor Dostoevsky was apt to say: "To live without hope is to cease to live."

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Re: Grant's Rants

Posted by Grant400 - 12 May 2023 01:51

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Guys, I want to share something that's been bothering me a bit.

I've been on this site for about 3 years. Although I've gone awol for quite some time throughout, for some legitimate reasons, I recently have returned daily for even more legitimate reasons.

Recently, it's been quieter than I've ever seen it, by quite a large margin. At the same time there are still so many new and old names lurking around on the forum, yet not participating. This platform can offer so much to so many that it's a pity and a shame to hide in the shadows out of fear.

I implore any of you who are suffering and struggling silently to please put your fears aside and post your first post. A real post. I know it's scary and intimidating. I've been there. I remember the fears of "Do I qualify?" , "Will anyone respond?" "Will someone know who I am?" etc. But I'm telling you it's worth all those (unfounded) risks.

Anyone who is ready to put in the work can really grow immensely and even (gasp) connect with live people via phone or in person - or not, but you don't have to suffer alone! Those helpless feelings can be educated away.

Now is the time!

Please, let's start to see some new posters ready to conquer their fears, desires and demons.

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Re: Grant's Rants

Posted by EccentricComposer - 12 May 2023 02:07

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I honestly have felt the same way, though I haven't been here long.

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Re: Grant's Rants

Posted by Hashem Help Me - 12 May 2023 10:56

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[Grant400 wrote on 12 May 2023 01:51:](#)

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The forum is an awesome place. It is full of extremely useful information and resources, honest accounts of fellow strugglers that new members can relate to, and a safe place for the guy who has been hiding for decades to slowly start opening up and getting his tormented history off his chest. It is also a place where one can get to know those who BH have succeeded in breaking free and are now hanging around to assist others. By posting and responding, one can find a good GYE chaver and have someone guide him out b'ezras Hashem.

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Re: Grant's Rants

Posted by Grant400 - 12 May 2023 12:08

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I can hate some of the things I've done, but I can still respect myself for everything else.

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Re: Grant's Rants

Posted by iwillmanage - 12 May 2023 14:11

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[Grant400 wrote on 11 May 2023 15:50:](#)

Hope is not a plan.

Nor is 'hesach hadaas'

I used to sincerely think it is - all I had to do was focus on other things and move on in life. My only problem was that for some reason I could never get down to carrying out my plan...

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Re: Grant's Rants

Posted by Grant400 - 14 May 2023 01:43

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The more I get, the more I need.

It never ends.

I'm learning the issue is me, not what I don't have.

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Re: Grant's Rants

Posted by Trying The Best - 14 May 2023 05:34

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[Hashem Help Me wrote on 12 May 2023 10:56:](#)

[Grant400 wrote on 12 May 2023 01:51:](#)

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Is there a way I can subscribe to all new posts coming up - automatically- without having to look for them and then click on subscribe?

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Re: Grant's Rants

Posted by Grant400 - 14 May 2023 13:22

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Excitement doesn't last.

Inspiration doesn't last.

An easy day doesn't last.

But the changes I make because of them do.

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Re: Grant's Rants

Posted by Captain - 14 May 2023 14:37

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[Grant400 wrote on 14 May 2023 13:22:](#)

Excitement doesn't last.



Inspiration doesn't last.

An easy day doesn't last.

But the changes I make because of them do.

It is possible to make some sort of somewhat steady inspiration, such as with daily reading of something inspiring. Works better for some than for others, but is definitely worth a try. Also, all the feelings of inspiration do have a small impact in the subconscious that remains, and over time all those small imprints can add up and strengthen the person.

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