

The old herrs (potato chips and beyond...)
Posted by jerusalemsexaddict - 30 Dec 2009 07:21

I think this discussion merits a new topic.All thoughts are encouraged.

[Rage ATM wrote on 30 Dec 2009 03:02:](#)

It hurts when u miss someone...u know there are days when I still miss her (she who is my password to this site and every email account I have)...and I'm happily married almost 10yr and I still miss her sometimes...I think what I really miss though is just me then...I miss my youth...and the recklessness I was allowed...and I thank hashem for everything he has given me today...so

u miss him...or u miss chatting...nu this is life kid....much better things await moving forward...

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 01:46

Rage, I agree - as my posting indicates, I think I can understand missing someone for all their great qualities. But to move on, we have to move on.

I don't see that you answered my question - would you be happier if you let yourself move on - getting new passwords, etc?

And as far as looking at her picture on onlaysia...do you think that would be a healthy move, or unhealthy?

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 01:47

thanx big bro. SLEEP???? NO then it gets worse. talk to somebody else, YES. ok. about hiding,

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 02:02

Oh, don't worry, TO - most of my thoughts are things that my rabbeim or therapist helped me figure out while facing my own issues (which I'm still doing, by the way) - so I'm not right

I'm a bit confused - what gets worse when you sleep?

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 02:05

Again - in this situation, how could looking at her picture be healthy?

To put it another way, how would you feel if your wife walked into the room and saw you looking at her picture?

because I'm smart, I've just learned from painful experience.
Does she know about your passwords?

By the way - this is somethign that's your business. If you feel I should back off - say so. You're awesome, and I know that you're growing, and you know what you need, and how to encourage your own growth far better than I do.

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:06

u mean when i try to sleep. when my head is full of sad and missing thoughts then i cant fall asleep. and in such a situation, even lying in bed for 5 mins is bad worse worst. exactly then is when ive done all/ most stupid things....

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 02:09

And yet, once we're asleep, we can't get into trouble at all! Plus, I know that when I'm well-rested, I'm more energetic and cheerful, and less likely to fall!

So ideally, it'd be good if you could go to sleep without having to lie in bed thinking of all the things that make you sad. Have you tried listening to music as you go to sleep - or maybe even a shiur?

You might want to try meditation, or relaxation breathing...do you have any experience with stuff like that?

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:14

nope :-\ :-\...

Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 02:16

What was the "nope" to? :D :D :D

Trying to listen to music or shiurim? Or the relaxation breathing? or the not getting into trouble

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 02:26

What I mean is, what if your wife KNEW what you were looking at. How would she feel? Why?

while we sleep - or the being energetic?
How would you feel?

Ditto on the passwords. Would you feel funny telling her about that? If so, why?

By the way, apologies again. Diplomacy is not my strong point.

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:26

nope to music, shiurim, relaxation breathing, yes to being more energetic and cheerful, no and yes to not getting into trouble while sleeping...

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:30

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:33

ok , SH is IN london. y did u pick england?
who says i live in london??? :

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Re: The old herrs (potato chips and beyond...)
Posted by theOne - 01 Jan 2010 02:51

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Re: The old herrs (potato chips and beyond...)
Posted by silentbattle - 01 Jan 2010 04:35

Reb Rage, leave the poor girl some anonymity! :D :D :-\

TO - you should try listening to music - it gives you something to listen to while you're lying in bed trying to get to sleep, but it's not so involving that it'll keep you up - at least, that works for me. You just have to 1) get headphones that won't get in the way or hurt your ears, and 2) make sure your mp3 player is in a safe place so you don't knock it off your bed!

Shiurim can also work - they're a bit more involving, but you can allow yourself to drift off. And of course, there's the added benefit of listening to a shiur! I can recommend some good ones (in my opinion) if you'd like.

As far as while you're sleeping, I'm not sure what you mean - but here's something you can try: As you're relaxing to go to sleep, think positive thoughts, good thoughts, spiritual thoughts, etc. I used to do this when I had roommates, and I was *terrified* of what I might say in my sleep while I was dreaming! :D ;D

For relaxation exercises...I'll post that on your thread, cuz I think I'm going way off topic here! :D :D

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