

**JIP'S Trucking Progress**

Posted by jewinpain - 19 Nov 2010 19:43

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hello buddies, here i am back, it's been a few months since i last posted here on my thread, where should i start & what should i say , i am emotionally too weak to say anything when it comes to talking about myself, got b?h 298 days clean, some days are cleaner than other but according the terms here on GYE I am clean, of course we always gotta strive for the better but we gotta go baby steps, almost had a flat this week, but I was saved , hashem had mercy on me & made me reach out to our 2 holy brothers Reb Yechida & Der hieliger bardciiver who gave me some good chizak, so I came to realize that the road is very bumpy & we gotta learn how to jump up when there is a bomb on the ground or bend down when there is bullet fired above you, constant fighting & of course lots of prayers to hashem cuz after all he is the 1 & ONLY who can help us get cured from this terrible daisies, all of you guys here on GYE have been awesome to me , I got lot of chizak here from ur stories & u are just keeping me afloat , when I feel stronger I will iy?h write a longer post with more specific details as to what happened & what we can do to KOT, & if it helps even 1 yid it's all worth my time, I may not be very active on the public forum over the next few weeks, but my inbox & email and Google talk are always open for anyone who needs an ear, ( I am sure it won't last long I will not be able to refrain from peeking in here

Be safe guys & have me in mind pray for me & I will for you

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**Re: JIP'S Trucking Progress**

Posted by desperate\_teddybear - 13 Dec 2010 20:10

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[bardichev wrote on 13 Dec 2010 18:57:](#)

I'm sitting in the shotgun seat

at least once a day, after all I am a addict

ROOF ROOF I CALL ROOF

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Re: JIP'S Trucking Progress

Posted by bardichev - 13 Dec 2010 20:15

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you will freeze on the roof

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Re: JIP'S Trucking Progress

Posted by bardichev - 13 Dec 2010 20:16

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CD to blast from the sub-woofers and you have it made

em bee dee

ummmammamr rebrebebeb akkivv-ehhhhhh

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Re: JIP'S Trucking Progress

Posted by desperate\_teddybear - 13 Dec 2010 22:16

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[bardichev wrote on 13 Dec 2010 20:15:](#)

you will freeze on the roof

this is a valid point. i call dashboard.

[bardichev wrote on 13 Dec 2010 20:16:](#)

CD to blast from the sub-woofers and you have it made

em bee dee

ummmammamr rebrebebeb akkivv-ehhhhhh

im thinking let's go all out and bring in a little NAaaaaNACH

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 13 Dec 2010 22:35

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ani lo megamgaim....

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Re: JIP'S Trucking Progress

Posted by jewinpain - 13 Dec 2010 22:58

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1 thing we are still mmissing here is "medication" for laziness

so far i am a LAZY BUM, NOTHNG gets done, i am WASTING MY DAYS & WEEKS & YEARS

what a SHAME

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Re: JIP'S Trucking Progress

Posted by desperate\_teddybear - 14 Dec 2010 16:27

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[jewinprogress wrote on 13 Dec 2010 22:58:](#)

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i think most of us on here have this problem. my thoughts? laziness/procrastination is another form of escaping reality. even though we know things need to get done and we aren't doing them, somehow we just play 'one more game of solitaire' and just have to chill for 'one more hour'

what's really helped me in this regard- not that im anywhere close to mastering the middah- is R' Zelig Pliskin's sefer "take action now"

lol, it took me forever to get around to reading it (typical) but once i did it's been life changing.

i really took a lot of his advice literally and seriously. i made excercises for myself, highlighted points i wanted to remember, hung up sticky notes on my wall.

#1 thing he says is behave the way someone who isn't lazy would act, that even if you have been lazy in the past you can choose, IN THIS MOMENT, NOW to be somebody who behaves in a way that's b'zrizus, even if you've never before.

it works wonders with me for laziness, and also when i apply it to cleanliness because i say 'i may not have been clean yesterday or even five minutes ago, but i can only change NOW. right now i choose to behave in a clean manner' - it removes a lot of guilt and gets my butt in gear.

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 14 Dec 2010 16:39

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[d\\_teddybear wrote on 14 Dec 2010 16:27:](#)

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that's great advice, thanks!

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Re: JIP'S Trucking Progress

Posted by jewinpain - 14 Dec 2010 17:56

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Teddy, thanks for ur input, I will get his book and see if I can be helped

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Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 14 Dec 2010 17:58

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[jewinprogress wrote on 14 Dec 2010 17:56:](#)

Teddy, thanks for ur input, I will get his book and see if I can be helped

i didn't buy the book yet but i know that you **can** be helped rebbe JIP, you proved it to us many

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Re: JIP'S Trucking Progress

Posted by jewinpain - 14 Dec 2010 18:10

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Yo yo zemmy

Ich bin mit dir

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times over

Re: JIP'S Trucking Progress

Posted by ZemirosShabbos - 14 Dec 2010 18:13

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Re: JIP'S Trucking Progress

Posted by jewinpain - 14 Dec 2010 22:57

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Update:: same lazy day once again, this addiction caused me some serious trouble I guess, will see for how much longer hashem has in plan for me to suffer, I'll keep u posted guys

KOT and I'll try too

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Re: JIP'S Trucking Progress

Posted by jewinpain - 19 Dec 2010 03:11

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Got the book 2day, will see how long it will take me to read it , than how long it will take to actually practice it & than will see if that was really my problem, for now my truck is totally broke, no fuel to keep going, just want out of my current life

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