

checking out...though very mindful!

Posted by kvetched - 29 Aug 2011 22:16

Well though I am very very mindful that we (men) are prone to lapse and regression, I feel great. Have worked hard at both my personal and personal life. I have taken up a good healthy hobby and am writing a book. I won't be so bold or indeed stupid to state that I am cured, but I feel a HELL OF A LOT BETTER than I did some 10 weeks ago.

Top tip.....Read , walk/run and love ! ;D

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Re: checking out...though very mindful!

Posted by Back on Track - 30 Aug 2011 13:38

Thanks for sharing that kvetched. Excercise seems to help a lot of guys on the forum as does getting invovled with healthy activities as you have. KOMT!

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Re: checking out...though very mindful!

Posted by Yossi.L. - 30 Aug 2011 18:08

Personally I find keeping a strict structured schedule to be of great benefit to my addiction. The more time you have to do nothing; the more time you've given your yetzer hare to attack. Writing a book and a healthy hobby is definitely beneficial. Good for you reb kvetched!

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Re: checking out...though very mindful!

Posted by alexeliezer - 30 Aug 2011 19:13

Good to hear!

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Re: checking out...though very mindful!
Posted by Gevura Shebyesod - 01 Sep 2011 03:36

You can check out any time you like,

but you can never leave!

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Re: checking out...though very mindful!
Posted by Back on Track - 01 Sep 2011 03:41

Ok gevura.... What's with the reference...- and please make it fast- I live life in the fast lane...

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