

orthodox warrior

Posted by orthodox warrior - 20 Jan 2012 05:57

hello all-

while I am not new to the forum, it has been a very long time, so I decided to start fresh and change my name. I am orthodox warrior and it is nice to meet you all again. I decided that this time around I am going to not only try and document my falls, but my actual feelings and emotions that I experience on a daily basis so I can study myself and my triggers from that angle, so I created a blog and if any of you want to come and look at it and voice an opinion I would be glad to hear it. I love GYE and it has done so much for me, but I truly mean this to be almost a diary of my day, and I don't know if it is appropriate to constantly be posting about my day on here. I mean who would care about the little details and the emotions they triggered so anyways here is the link guardingthewindowstotheshoul.blogspot.com/ I hope to see and hear from you guys over there if you are interested.

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Re: orthodox warrior

Posted by tehillimzucker - 20 Jan 2012 08:38

I check in to gye

it's hard to check in somewhere else also

who ever said gye isn't for feelings?

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Re: orthodox warrior

Posted by gibbor120 - 20 Jan 2012 14:55

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Welcome back! Since you have been here before I'm sure you've read that "studying yourself" and "analyzing your thoughts" may not be the best way to go. From what I have read and experienced, the best thing for me to do is "get out of my own head" and "focus on others". I'm

sure you've seen this theme over and over again in dov's posts.

There is a place for getting in touch with your motivations, but I would caution against being too inward focused. Being "outward focused" rather than "inward focused" seems to be essential to our success.

Hatzlacha Rabbah! I look forward to hearing more from you!

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Re: orthodox warrior

Posted by tehillimzugger - 21 Jan 2012 18:46

hi fakeshmuel (how many aliases do you have? wheww!)

i read your [so far two] posts.

i once started a notebook for expressing my feelings, same idea as you, i found that it didn't work, when i was in a good mood i didn't need it. and when i was in a bad mood, i didn't have the energy to write.

to each his own, i guess

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