

My Battle

Posted by GuardMyEyes26 - 26 Feb 2017 05:56

Hi,

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Re: My Battle

Posted by GuardMyEyes26 - 01 Mar 2017 05:12

Maskim. However my dear Watson, Its not worth sacrificing my ability to function tomorrow for my 17 hour yeshiva day.this is because of 2 reasons. First it ruins a whole day, hard to concentrate, irritable...., altogether not geshmak. And second, bad days lead to frustration which leads to acting out.

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Re: My Battle

Posted by Singularity - 01 Mar 2017 06:51

[GuardMyEyes26 wrote on 01 Mar 2017 05:12:](#)

Maskim. However my dear Watson, Its not worth sacrificing my ability to function tomorrow for my 17 hour yeshiva day.this is because of 2 reasons. First it ruins a whole day, hard to concentrate, irritable...., altogether not geshmak. And second, bad days lead to frustration which leads to acting out.

17 hours? Do you commute? Listen on the commute?

Also I know about waking up and functioning. A little.

I dramatize the whole discourse.

I keep calculating the hours I sleep. it gets frustrating. Led to many Shalom Bayis issues.

Once in Israel I went to sleep at 3 AM, woke up at 6, did Shacharis and we went on a 7-hour hike and then came and got ready for Shabbos and had a great day overall.

Sometimes I go to sleep at 10, wake up at 8 and have no energy for the day.

BH now I'm in a good schedule of 5-6 hours sleep, a good pre-neitz run, learning, etc. I worry less about how much I've slept and try deal with the day at hand regardless.

I think it's linked to Hashem's brocha of the Shemitta year, that the brocha is that the food will be the same amount, just more satiating. At the end of the day, I have no control over my body. But maybe if I'm doing *Ratzon Hashem*, my fewer hours of sleep will be blessed.

Think about it.

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Re: My Battle

Posted by Watson - 01 Mar 2017 08:12

If it's important enough you'll find a way.

You know, you don't have to listen to the whole hour in one go.

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Re: My Battle

Posted by GuardMyEyes26 - 03 Mar 2017 05:55

I saw something today in a grocery that I shouldn't have seen and it was floating through my head for several hours after, in and out randomly. I was dreading coming tonight because I knew it would be hard to stay clean, however after my night Seder my taiva K'mat dissipated. It's nice to see that learning does help because I don't always feel that it does.

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Re: My Battle

Posted by Singularity - 03 Mar 2017 07:54

Nice to hear. Try plan for when the learning doesn't help, because that's usually the norm.

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Re: My Battle

Posted by annon12345 - 03 Mar 2017 12:08

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There are ways to lock down the iPhones....especially if no one uses them and wont notice if they are locked down.

Hatzlacha Rabbah!! You're not alone!

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Re: My Battle

Posted by GuardMyEyes26 - 03 Mar 2017 19:05

how?

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Re: My Battle

Posted by gibbor120 - 03 Mar 2017 20:15

Welcome! You are not alone. Your story is very common. Check out the handbook. Keep posting. Many have been helped here.

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