

SA - Sports Addicted

Posted by jewish jew - 14 Jul 2013 12:53

Maybe this issue has nothing to do directly with most of the subjects on this website but I feel it has direct impact on my calmness.

I am a huge sport follower and fan (I follow half the sports that are played on the planet and know what is happening in every single one) But my problem is that I take it personally and daven to Hashem for certain results, I can be awake until very late watching or lying in bed and thinking about tactics, results etc. When my team does lose it really kills me and sets me down. Is there anything I can do regulate my emotions and just like the game/s for entertainment and not take it personal? Or do you think I should just gradually cut down on following sports and slowly let go of all my sports until it doesn't interest me and affect me?

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Re: SA - Sports Addicted

Posted by Larry - 21 Apr 2015 20:20

[cordnoy wrote:](#)

playoff time!

... but b"H, there is definitely an upside to it.

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Re: SA - Sports Addicted

Posted by cordnoy - 15 May 2015 18:55

Still in da game!

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Re: SA - Sports Addicted

Posted by neshamaincharge - 18 May 2015 15:53

I saw someone scribbled on a wall: "yoshko saves"- and underneath that in a different color: " Gretzky recovers, he shoots, he scores! "

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Re: SA - Sports Addicted
Posted by mr. emunah - 11 Aug 2015 02:41

Lou Lamoriello, Mike Babcock, Brendan Shannahan.

THE END.

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Re: SA - Sports Addicted
Posted by cordnoy - 11 Aug 2015 02:49

[mr. emunah wrote:](#)

Lou Lamoriello, Mike Babcock, Brendan Shannahan.

THE END.

Secord, Savard and Larmer!

oops...wrong century.....

Keith, Kane and Toews!

The Beginnin'.

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Re: SA - Sports Addicted
Posted by mr. emunah - 12 Aug 2015 01:42

I think Kane might need to join GYE...

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Re: SA - Sports Addicted
Posted by cordnoy - 12 Aug 2015 01:57

[mr. emunah wrote:](#)

I think Kane might need to join GYE...

Ssshhhh....

He's here

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