

Mines of my mind...

Posted by aaron - 28 Nov 2011 00:55

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First and foremost, the title is MGM lion. no i'm not drooling all over myself, nor do i seem to have lost my ability to speak/type. (although i can't quite vouch for my own sanity)

Ok, i'm back and i got a few new tactics up my sleeve. i'm not gonna let my yezer take me down.

i'm trying to get a 90 sponser for my my cleanliness .

1. calender on my wall showing days clean
2. chizuk on the back of my door - its been really helping me a lot recently
3. hung reasons why i want to get clean on my door
4. regular exercise - already started running a few times a week
5. increased social behavior by getting out of my room and spending more time with friends
6. \$20 to GYE per fall over the course of the next month (B'n)

i'm gonna try and post regularly here. just helps to vent. started reading chizuk and daily dose e-mails again. trying to stay on top of school work and prob gonna start talking to someone on the phone once a week.

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by aaron - 05 Dec 2011 21:48

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AAAAAAaaaaaaaaaaaa

i can hear my yetzer telling me to just fall again today....

trying to keep busy and social

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by Gevura Shebyesod - 05 Dec 2011 21:56

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Yeah, he's telling you, "you blew the day anyways, may as well enjoy it". Don't listen to that slimy b\*\*\*\*\*d!

Every hour, every minute that you resist is precious.

KEEP ON TRUCKING!!!!!!

Gevura!

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Re: Ba Bada Ba....Ba ba bah ba beh ba

Posted by aaron - 06 Dec 2011 19:31

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k picking myself back up. ended up sitting in my room last night watching the entire trilogy of the godfather.....

numbing

trying to keep my calm but just getting upset at how poorly i've been acting and how i feel irresponsible. acting out has always been my way of coping with this stress. just needing a better replacement.

gonna try and workout today. caught up on my sleep also

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Pure yid - 06 Dec 2011 20:03

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I find that watching a good normal movie sometimes, is not bad for me, after all I can't give up all. It's enough that I am workin crazy hard on this issues.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by obormottel - 06 Dec 2011 21:32

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fell-shmell, keep on trucking.

You seem to have good attitude about your 11 clean days always being there for you. They didn't disappear. You will always have them.

Hatzlocho.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 06 Dec 2011 23:55

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part of me really hates myself and who i've become. this is not how i expected my life to turn out. looking for real change. hard to shock myself into it when i've com to accept eating garbage for so long

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Back on Track - 07 Dec 2011 05:53

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Confidence- I don't hold myself an advice giver- (unless we're talking about cholent recipes) but maybe try doing something silly. For me pressure is deadly. You ARE serious and trying for real to recover. Looks like this was delayed reaction to your fall. Maybe rename your thread some other sound... How aboit a-whomp bop a loobop a whomp bam boom! (Tuity fruity...)

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by aaron - 10 Dec 2011 23:06

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i didn't know you could rename it.....how would i do that?

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Eye.nonymous - 12 Dec 2011 09:07

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[Confidence wrote on 10 Dec 2011 23:06:](#)

i didn't know you could rename it.....how would i do that?

It involves a Rabbi and something like giving your thread an Aliyah in Shul.

--Elyah

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by Back on Track - 13 Dec 2011 03:32

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Just go to yoyr first post I think and hit modfiy. Then change the topic.

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Re: Ba Bada Ba....Ba ba bah ba beh ba  
Posted by yehoshua - 13 Dec 2011 07:45

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Nice change Confidence.

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Re: Mines of my mind...  
Posted by Eye.nonymous - 16 Dec 2011 08:17

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How are you doing, Confidence?

--Elyah

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Re: Mines of my mind...  
Posted by obormottel - 16 Dec 2011 22:53

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It seems a long time since your last positive report. Praying for you, my friend.

Gut SHabbos and a gut yom tov!

L'shono toivo b'darchei hachassidus ub'limud hachassidus tikoseiv vetechoseim!

Mottel

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Re: Mines of my mind...

Posted by Back on Track - 18 Dec 2011 03:41

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A geashmake gestalzemfliggen confidence

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