

Hodi's 90

Posted by Hodi - 27 Dec 2012 00:50

I was inspired by Jack's Journey to 90 Days

(www.guardureyes.com/GUE/OurStories/Determined1.asp) and thought a diary of sorts might be helpful for me as I begin my own journey.

Quick summary: 40+ years old, married with two children. Actually, separated for over two years now, and it's not looking good. Also, I've lost at least 5 jobs in the last 7 years or so, mostly due either directly or indirectly to my 'illness.' I'm currently unemployed and living in the attic of a shul, praying for relief and better days. Please, HaShem, may this be the first.

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Re: Hodi's 90

Posted by Hodi - 15 Feb 2013 00:50

Thanks for writing, yehoshua. Are the "Funny Walk" yehoshua? That thread is so long, I wouldn't know where to start.

For a long time I thought the divorce was her fault - but now I see that thinking was part of the problem. I blamed everything on her. Sure, I could admit too my shortcomings and mistakes, but she should have been more tolerant, more understanding - that's how I used to look at it.

Since my last post, I have more clarity and can more simply express my approach. Basically, what I realized is that I've been acting like a child. Not only do I want everything my way, and want others to do it, but I always settled for the minimum and expected my wife to as well. Okay, maybe 'spoiled child' is better than just 'child'. So, basically, what I've realized is that I need to be a man. The challenge is that, honestly, I don't really want to. Before I got married, I was lazy, slovenly, fat, and into escapism (ie porn, etc.). Religion didn't inspire me to be any better than that, because I always convince myself that G-d will forgive this pathetic baal teshuva. However, I do REALLY very much want to be married, preferably to my current wife. But whether it's her or not, a wife will expect more from a husband than I ever expected from myself. If I want to be married, I have to be a man, and I have to quit with the excuses.

There are so many areas where I believe I can do better, from nail-biting to shul-sleeping to my

eating habits to job performance and of course shmiras HaBris. Some things may be out of my control, but I know I haven't really put in much effort on many of these things. For some the effort might be discipline, for others it might be surrender, but whatever it is that has to be done, I have to want to do it.

I think my 'approach' is a step in the same direction as your method. I've made a list of areas where I feel I have to step up, and I've reviewed it once or twice a day. I think having it handier and reviewing it more often, in fact davening for help, would be very very good. Thank you for sharing your idea.

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