

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by Pidaini - 20 Jan 2014 11:00

Sorry to hear about your fall....

What happened? What do you mean "it was more involuntary than not"?

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Re: laughingman tries to count to 90.....
Posted by yehoshua - 20 Jan 2014 13:01

Keep o trucking!!!! On day at a time. Baby steps count too! 15 minutes counts too!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 21 Jan 2014 08:46

It was during sleep or exhaustion i wasnt concious but at the same time i was thinking wierd and i didnt try to set my thoughts right

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Re: laughingman tries to count to 90.....
Posted by laughingman - 21 Jan 2014 08:48

I might not be seeking things but unfortunatly my mind is photo memory capable which makes purifying my thoughts a must

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Re: laughingman tries to count to 90.....

Posted by Dov - 21 Jan 2014 23:27

I sympathize. chaver, and understand more than you may know with the process you and your wife are going through right now. Our tefilos are with you and if you wish to PM me her name, my wife and I will put her on our list.

Continued hatzlocha, chaver. You are truly a good man.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 23 Jan 2014 16:41

Yesterday i got another one of her tests doneand there is a major thing at a well known clinic next week....but getting all the dominoes on that is getting alittle tougher than i thoughtand i dont think its easy

i wish i did everything perfect sometimes.....

I live everyday in anxiety and nervousness.....i try not to let it go to anyone but also i dont have opportunity to talk about it much

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Re: laughingman tries to count to 90.....
Posted by Dov - 24 Jan 2014 03:39

Can you talk a little bit here about how much you love her, please? I think it is important specifically here.

Please PM me if you want us to use her name, chaver.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 24 Jan 2014 18:56

of course i love her i try to let all my actions reflect that everyday

my whole purpose of moving out here (besides the religious implications) was to help her sure i complain on here about things that are frustrating but that doesnt change that most of my day i spend taking care of her/working cause i love her

im always worried im not doing enough

i also love G-d and i try to show this by following though on my commitment to this process here and all my teshuva processes

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Re: laughingman tries to count to 90.....
Posted by Dov - 24 Jan 2014 21:02

Oh, boy. I never asked you at all whether you love your wife, gevalt. Why did you write "of course I love her"? All I suggested is that you to elaborate here a bit about how much you love her and what that means to you.

And then you did. So I think that's great. It sounds to me that she is a very fortunate woman to be married to you, and that the love between the two of you is really a deep, meaningful connection, b"H, as hashem clearly 'wants' married couples to have...but many have very little recognition of their love and connection to each other. And many may have it, but do not say it. My wife and I say it to each other every now and then, just to express ourselves in machshovah as well as in dibbur and in ma'aseh.

I relate to your anxiety and pain, chaver. It must weigh very heavily on you, gevalt. I have been

unable to sleep, laying in my bed at times, worried about my wife's health when issues came up. The feeling of anxiety is gripping and hard to describe. Very hard.

May Hashem help us accept the present with both hands, one day at a time, and to live in real reality instead of in the sensible fears and imaginations that we will simply not be able to handle whatever outcomes the future may hold.

Today is a much better place to actually live in and be useful in, than tomorrow is.

Much love and respect, chaver.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 26 Jan 2014 17:33

Im sorry if my posts make it seem like im coming from way left fieldi live on anxiety.....in fact i have anxiety disorder which in plain english means i am anxious from nothing even.....all the more so how life is going now.....

I lost money today.....real moneyjust poofout of my pocket....it wasnt a huge amount ...just enough that i have to re-evaluate my week

I still am not fallingi wont let it happen

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Re: laughingman tries to count to 90.....
Posted by Dov - 26 Jan 2014 17:52

It seems you missed this in my post just above (altered a bit for clarity).

[Dov wrote:](#)

I relate to your anxiety and pain, chaver...The feeling of anxiety is gripping and hard to describe. Very hard.

May **Hashem** help us accept the present *with both hands*, one day at a time, and to live in reality instead of in the sensible fears and the not-so-sensible imaginations that we will simply not be able to handle whatever outcomes the future may hold.

Much love and respect.

Hatzlocha

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Re: laughingman tries to count to 90.....
Posted by laughingman - 30 Jan 2014 02:00

I have had a very difficult time the last few days keeping up with my commitments to not fall recently...

The pressure has been getting to me more than usual

The greatest challenge is mostly at night so i have committed from here on to make it easier to keep away from electronics at night except around peoplei keep feeling down from my last fallsi know all the chizuk....its still hard to just accept and move oni know its all y'h and its mission to make it difficult as this is my testB'H i have tehillim on my phone to keep me

company

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Re: laughingman tries to count to 90.....
Posted by laughingman - 30 Jan 2014 02:02

As far as my wife we didnt get the diagnosis we were hoping would lead to better meds yet but they are reffering upwards to more specialistsmeaning more appointments....and more time

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Re: laughingman tries to count to 90.....
Posted by Gevura Shebyesod - 30 Jan 2014 02:24

We are with you. Refua Sheleima and Hatzlacha in all things.

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