

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 laughingman - 05 Aug 2014 21:59

im still cleanbut im having a lot of shalom bayis issues ...on tisha bav

im not doing well pray for shmuel yitzchok ben pella

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Re: laughingman tries to count to 90.....
Posted by ineedchizuk - 05 Aug 2014 22:44

Me and my daughter just said some tehillim for you, Shmuel Yitzchok.

Sometimes, when everyone's resistance is low, (fasting, heat, etc) it can be helpful to just take the kids, and get out of the house. This way you both get some much needed breathing room.

Hang in there, bro!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 06 Aug 2014 17:04

It probably is the reason things are ok now.....also G-d is kind to me

I just was having a hard timei wanted to pray minchah and i had to help with something at the same timenot everyone is entirely aware of my responsibilities as long as my wife is sickim not upset about them i embrace themif this is my calling it is a noble onebut the timing is sometimes offsometimes cause of my own negligence ..

I dont talk about it much with anyone in real life.....people are often unaware of what it is my family deals with dailyits all good its tough but not impossibleit only means that sometimes i have to do a arrand instead of making minyan....and i have an anxiety issuesometimes i yell....not severe abusivelybut my wife is sensitive to verbal stress above other stresses....i am still learning to adjust my anxiety issuesand this lust issuewhich is obviously a response to stress...well im still clean....and tisha b av is behind us nowbut as always there are more projects now that the 9 days are over

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Re: laughingman tries to count to 90.....
Posted by laughingman - 06 Aug 2014 17:16

Btw cordnoyi have heard a fantastic dvar torah on how we are zocheh moshiach when our forefathers did ti havr heard its analogous to a small person standing on a giants shoulder to reach a lightthe giant cant quite reachbut with the small person.....thats uswe are tiny spirituallyto our seemingly super human ancestors like the avot or david hamelech....but we face a different challenge then thempur reality is pitch black....yet we fight on clinging to whatever ray of light from G-d we even think we can find and we fight a losing battle ...only to be closer to Himand we admit our powerlessness....something other generations didnt feel as much....even though our tech is literally of their dreams

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 06 Aug 2014 21:24

Yes...there are many ways of explainin' it...I'm not 100% sure your way, as you like to write in 'half-phrases,' but be it as it may, we know that we are the generation...ikvasa dimshichah is the heel....the heel which has no feelin's...that is certainly us, for we don't know what we're missin' at all, but it is our responsibility to bring it about, and the seforim write that the entire world was created just for our generation, so we gotta get up and get to work.

b'hatzlachah

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Re: laughingman tries to count to 90.....
Posted by ineedchizuk - 06 Aug 2014 22:40

Actually, Laughingman....I like your style....I see your 'half phrases' more like a run-on rant....which is cool....an unloading of what's on your mind as the ideas come....also, ya know, Cordnoy has his style of writin'.....Pidaini has his trademark phrases and smileys.....you're in good company....I guess some of you have ways to express your uniqueness here on gye....but on a more serious note, Laughingman.my heart goes out to you....you say that you have symptoms.....that you call 'undiagnosed depression/anxiety'.....and feel that it may lead to your unwanted yelling at spouse.....maybe consider what you CAN do to help yourself.....what are your options?.....maybe by putting out you options here on gye, your friends here can suggest new ones....you're such a holy neshama.....you deserve to be able to help yourself reach your potential.....and to be b'simcha.....tomid!keep an open mind, and keep on going.....MBM (moment by moment)

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 06 Aug 2014 22:55

I like his style as well....I was just sayin' that I didn't understand the explanation.

Thanks

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Re: laughingman tries to count to 90.....
Posted by Larry - 06 Aug 2014 23:09

Laughingman - another great post... my family and I had a similar experience last year... we got @ 5" of rain in one day, with the ground already saturated... so much rain so fast caused the sewer main that runs near our house to run full (from rainwater leaking *into* the main)... as a result the sewage trying to get into the main from our (side) street had nowhere to go, so it backed up... our house is the bottom one on the block, closest to the main, and we have a bathroom down in our basement... and so the backed up sewage came released out of the first place it could find upstream, which was our bathroom toilet... it was unfortunately a fountain... two different times that day, which caused the dirty water to come up almost 3 feet above the

floor... needless to say, *everything* was ruined, including washer/dryer, furnace, HW heater. We couldn't live in our house for a month after that... and seeing the water in the basement, and then a few days later watching a dump truck pull away with all of our basement possessions to be discarded... that was tough... I had lots of trouble after that with falling... but ultimately, I'd like to think it helped me build on my ability to deal with life's downs.

Sorry for going on about myself - hope this is helpful.

kol tuv,

Larry

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Re: laughingman tries to count to 90.....
Posted by laughingman - 07 Aug 2014 22:22

I am sorry sometimes my writing is hard to understand ...i writes it how i thinks it ...and with my writers block im lucky i write at all ...

I am very aware of my problems that lead me to sholom bayis issueswith my daily routine somewhat spontanious at times and other considerations i dont really have time for but to self help.....which partly accurs here

Larry im sorry that happened to you i know first hand the trauma from the shock of such occurances can linger for some time and snowball into other things

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Re: laughingman tries to count to 90.....
Posted by laughingman - 11 Aug 2014 14:46

every day I sit and think all day how to come on my own to the reality that I wish o be a part of ...namely I try to improve every chance I getI feel that the essence of human today is to admit that most of us are severely damagedand not to fall into paralyzing depression for we also accomplish great thingsbut to never feel complacent ...never to say "I have arrived" for I am still late ...

mitzvoth are like diamonds ...everywhereyou just have to feel out for them

with all my failures I have 500+ days clear nowthat's till less than perfect by far ...but for many people they are not even aware that having days clean is positive ...that self control is higher than giving in to addiction and selfishness...and even though we stumble sometimes ...the fact that we feel upset about it is actually good as long as it doesn't grab us down more

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 Aug 2014 16:26

I have been away a whilehaving different issues really affect me badly in some instances ...things have been very up and down

so I didn't update because I was worried updating and focusing here might somehow affect me negatively

but after 2 weeks of finally "live and let G-d" I have stopped fearing for the moment ...I feel I can now update and say "clean" with feeling of positive growth and not just fearing a fallat least not right now ...I am right now living todayeven though my anxiety is working full force ...I know its just what it isand all I need to do is maybe rest or relax in some positive wayand now I try to appreciate my wife in a way that for a long time I simply didn't permit myself too ...from feeling of unworthybut now I don't see it as a matter of worthwe enjoy things not necessarily for ourselves per ce but rather to celebrate the effort others (e.g. our wives ,G-d although of course G-d has no "effort") have put into life so that we can have what little we have to enjoy soo that we don't crash

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Re: laughingman tries to count to 90.....
Posted by laughingman - 26 Aug 2014 12:42

Just because i woke up alittle doesnt mean i am not in for a hike while the effects of my past behavior manifestboth physically and mentallyi am humbled by the sheer magnitude my actions have somwtimes ...and i only pray that He heals all our wounds soon

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Re: laughingman tries to count to 90.....
Posted by laughingman - 02 Sep 2014 13:46

fell this past Shabboshave been having a lot of difficulty with schools for my kids and the cost of maintaining school supplies etc.

I have fulfilled with this post the requirements of my taphsic vowsG-d willing from here on no more fallsI know that giving in is pointless and only furthers my problemsthere is no solution in negative behavior or thoughtI am also having a hard time keeping up with my partners here on gye sometimesI am just soo super busymaybe as the school year sets in a rhythm will set in too

also still no treatment for my wife so far ...still testing ...or rather waiting for test resultscounting from the beginning that makes nearly 2 years of mild to severe illness with no official diagnosis and no treatment

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Re: laughingman tries to count to 90.....
Posted by ineedchizuk - 02 Sep 2014 15:10

Hi Laughingman....Always good to read your shares.....sounds pressurizing-start of school year, wife's health, etc.....sorry 2 hear about the fall.....well, may it only be uphill from here.....Please, keep sharing.....and keep laughing!!!

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