

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

=====

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

Posted by dd - 15 Feb 2015 06:48

Hi Laughingman!!!

Its not fun to fall but its great to know the guys really care and let me tell you they do.

After a fall you should thank hashem for gye which gives us hope.

About the falling even when things are getting better. I went through the same situation. things were very rough at my end a few weeks ago. And then hashem really showed me some great wonders. Did i stop falling because things were better? no way i though i would but i didn't. The lust issue has to be delt with in its own way not relying and other things going on in life. Thats the realization i came to over the past few weeks. keep it in mind and don't get too hard on yourself.

I think it might be worth checking out the last posts on this thread

guardyoureyes.com/forum/19-Introduce-Yourself/246817-A-tragedy-of-the-human-condition

they might be very helpful.

Kol Tuv and keep on trucking!!!

=====

=====

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

Posted by laughingman - 15 Feb 2015 12:37

I do realize these thingsi just write alot when im depressedto get it out and express ...or it will be gone shortly

I dealt with people ...who are neighborswho are very rude today.....makes me feel bad

.....my whole life i kinda try to keep to myself unless necessary ...

And there are always peoplewho seem like they need something to do ...that can ruin a simple waiting

=====
=====

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

Posted by cordnoy - 15 Feb 2015 17:26

Once again, your pain resonates with us all, and we feel for you.

Emails are also anonymous; reach out to someone please.

b'hatzlachah

=====
=====

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

Posted by dd - 16 Feb 2015 06:11

Writing it out is good so keep on expressing your feeling. Its soothing and very helpful.

Hope all works out be"h.

=====
=====

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

Posted by laughingman - 17 Feb 2015 09:53

Been like super busyi only can post on the city bus ride

Trying to learn to accept life as it isand be very understanding to othersno matter the impact on my drive to succeed

=====

Re: laughingman tries to count to 90.....
Posted by laughingman - 17 Feb 2015 12:17

Got caught in heavy rain....5 minutes to ty e mall in heavy rain = milesinstead i waited it out and finished tikun klaliby heartgood timesthank you Hashem

=====

Re: laughingman tries to count to 90.....
Posted by newaction - 17 Feb 2015 14:44

[laughingman wrote:](#)

I fell ...after satting a taphsici didnt even try to stopat alli have become such a hypocrate that even my anomonus persona here is a hypocrate

I feel soo hopelessit was really stupidand despite everything

....unbelievable

Im soo angry wi5h myself

There is no room for anger towards a sick person. It will not come to your mind to be angry at someone with a brain tumor r"l. You would feel pity , sorry for him , your heart would be filled of compassion . Chances are your (our) brain is more distorted than the guy with the tumor. Your capacity to grasp reality is distorted . You have a distorted perception of what is around you and

within you. You are not stupid . Neither you are hopeless Thank G.od. You are powerless ; that is correct. If what you have is a sickness then you can feel some compassion at yourself, but really, being angry is doing injustice to yourself.

There are a lot stressful situations in your life , dealing with them all by yourself becomes very difficult. How can you get the feeling of letting Hashem run some of your life; are you succeeding in that direction ?

=====

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

Posted by Shmeichel - 17 Feb 2015 14:45

wow

so you turned the rain into gishmei brocho!

amazing

=====

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

Posted by laughingman - 20 Feb 2015 00:39

I have had today one of the most difficult and ...to the minute changing days i have seen yet
.....every black cell in here is screaming for a releasebut it will not come from fallling

=====

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

Posted by laughingman - 20 Feb 2015 11:16

Just to showeven slipping alittlei might think in the moment ..."its only meand im not gonna do anything really" and the likebut because of not guarding 100% i lost an hour and a half of time in the endthere are no short cutsno tricksits do or do not

I feel so small from these kinds of resultsi didnt even really startbut i know where i was

headed ...

Its 6 dayor as some call it friday ...and its the most busy everyand i had to use everything i had to keep straight as i did

Its almostvthe afternoon nowand im not even alittle done

=====

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

Posted by Shmeichel - 20 Feb 2015 12:01

you are doing a terrific job

just avoid the head-on challenge

keep focusing for the ultimate goal day by day

you are my mentor

=====

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

Posted by laughingman - 21 Feb 2015 21:09

It soo easy to give upbut i can do something else

=====

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

Posted by ineedchizuk - 21 Feb 2015 22:50

Great attitude!

Thanks for being michazek me, Laughingman.

Keep it up!!!j!!!!!!!!!!!!!!!!!!!!!!

=====

=====

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

Posted by cordnoy - 22 Feb 2015 02:57

the right thing to do, and the hard thing to do - are usually the same.

b'hatzlachah

=====

=====