

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 Shmeichel - 22 Feb 2015 17:39

keep away from having a challenge at any price

stay away from the front line

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

Posted by laughingman - 23 Feb 2015 04:05

I wonder if a night occurrencethat might have been avoidedshould count as a fallfor now i only include personal conscience m!@#\$!@#\$ as suchor actions resulting from veiwing material.i shouldnt even know about.....

I have been giving tzedaka for every problemas whatever kapara i can get

These problems cause real pain and suffering to all

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

Posted by laughingman - 23 Feb 2015 04:23

Its been said i focus on that aspect too muchthat i should focus more on the fact that all of this stems from A: illness and B: extrenuating circumstances ...

But when a bus leaves my kid without telling uswe are already at a lawyer

I wonder where the evil i unleash each time i screw up goesprobably to permanently indict meit is said that a night accurance can be completely mitigated by tikun klali and when asked

how something so horrid can be turned around so easily the answer was we also dont understand how what we do in a fall causes so much negative soo quickly

Much joy to all.... it is adar

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

Posted by Gevura Shebyesod - 23 Feb 2015 04:32

A "Night occurrence" that happens unconsciously is not your "screw up" and is not a fall. I know it says in the seforim that it causes Pegam etc. but it's still NOT YOUR FAULT so stop beating yourself up over it so much. I might point out that the Gemora also says that under certain circumstances it can be seen as a good sign from Shamayim.

May you have Hatzlacha in everything and Menuchas Hanefesh.

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

Posted by laughingman - 23 Feb 2015 08:34

I appreciate the chizuk ...it does helpi hope you are all having it easier than mealthough i am ok now

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

Posted by Dov - 25 Feb 2015 22:36

[laughingman wrote:](#)

Today also ...very difficultlots of very difficult things to deal with....

I dont get to pray on timevery frustratingunbelievableall because im not as careful as i could have been

Im not falling yetbut the constant temptation is there alwaysin the crunch time all these lessons are boiled down but i somehow make it out but my time taking is costing me

I need to reach out more often

Super! If you really want to 'reach out more often', just email me and I'll give you my cell# and you can call and talk whenever you like - if I can, I'll answer and it'll be good be"H. I think it's obvious that posting on a forum is a far cry from 'reaching out'...

You have my email, chaver.

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Re: laughingman tries to count to 90.....
Posted by serenity - 26 Feb 2015 05:26

Hi laughingman!

Take Dov up on his offer and let us know how that goes!

I read through a few pages of your thread. The effort you are putting into this struggle is impressive. Yasher Koach! I hope you don't mind if I make an observation and if you do just tell me to "stow it". Many many of your posts, even at times when you are doing extremely well, contain the word "slip". If not the word "slip" some other negative focus. You seem to have a constant need to qualify your success and avoid giving yourself full credit for things. Even your

chizuk posts focus on struggle. I think you even point out your focus on negativity and struggle in your comments. I can relate to this very much. I used to do the same thing and I'm sure I still do. See there, I just did it. I couldn't just say I used to do that and now I'm really succeeding at staying positive! What I am finding is that I can acknowledge the positive and I don't have to place a condition or limitation on it. The more I acknowledge the positive the more it comes true. My thoughts and my words have a huge effect on my mindset. So when people ask me how I'm doing, I say fantastic! People here often ask me if I've found serenity. In the beginning I was afraid to give myself credit for the serenity I have found, so I'd say I found a little or a glimmer etc. Now I say yes. I don't need to qualify it. The serenity I have found is well earned and real. Does it mean that I'm living in Olam Habah, no. There will always be some higher standard that I can hold myself to. Maybe if I keep acknowledging the positive I will get there!

But most importantly

Warning: Spoiler!

Hatzlacha !!!!

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

Posted by Shmeichel - 26 Feb 2015 22:09

how was that scary phone call?

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

Posted by ineedchizuk - 26 Feb 2015 22:26

Hey, Laughingman.

First of all, in a sense, your post seem to be including a bit more positivity, AND you've been opening up more. So gevaldig. Baby steps.

About the invitation to call, I've accepted Dov's invite, and we shmoozed. He may not have cured all my problems and hiccups, but he also didn't bite my head off :-)

So give it a shot. I guarantee. (That he won't bite.)

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

Posted by laughingman - 08 Mar 2015 08:53

Back to the climb

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

Posted by laughingman - 11 Mar 2015 22:24

Havent gotten to itsimply no timevery much pressure

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

Posted by Shmeichel - 11 Mar 2015 23:19

for something we know its for our benefit, we find time

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

Posted by serenity - 12 Mar 2015 01:31

We always somehow find time for things that are to our detriment.

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

Posted by laughingman - 15 Mar 2015 04:28

True enoughjust ...time difference an all....really working on all these thingsand elections
....and pesach6.30 and i been up since 4.00

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