

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

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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 frequent ....and 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 Jun 2015 09:10

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Believe it or not 5 am is still not good as i am busy helping my wife help the kids get ready for school

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 05 Jun 2015 09:14

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I have alot of random 5 minute breaks throughout the day ...m9stly when im waiting or on a bus.....and i do try to talk with the few friends i still trust but i dont involve them either ....cause they simply cant help me with this issue in particular

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Re: laughingman tries to count to 90.....  
Posted by Bigmoish - 05 Jun 2015 11:59

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Doesn't really matter if they can help or not, sharing helps you.

Hatzlocha

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 05 Jun 2015 15:07

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[laughingman wrote:](#)

I will give a perfect example of what im talking about .....

I would love to join a live group but .....living in israel that seems alittle tough fyi i dont live in yerushalyim OR telaviv or modiin ...

Phone groups are great sounding ....but dovs 12 step group is 7 pm my time .....and on mondays and thursdays till the end of the school year (june 30) especially ....cause the kids have basketball ....and the rest of the time 7 is usually dinner ....though during summer it might be easier .....but in the summer america goes to vacation mostly

I dont really have anyone live here who i can open up to like i do here especially the frankness ....my wife is actually very understanding about what im doing here .....and very supportive ....but i dont involve her

...she has enough things to deal with....

Theres always more but thats just a glimpse of the chess like nature of my current routine..

Kudos to someone for startin' this conversation again.

Mr. Laughin' man...you don't even share on this thread.

you've been around almost the longest, and we don't even know what you struggle with.

Is it too much Diet Coke like the rest of us?

Perhaps it is that allergic reaction we get when the tags of our undershirts ruffle our skin?

In all seriousness, you sound like you're dealin' with a lot of heavy stuff.

That bein' the case, it is even more incumbent upon you to reach out.

and my apologies, but the excuses above are simply b.s. (and many of them that I use myself). I personally have relationships with people in israel. Others do as well. There are many phone

conferences, but even if not, there are many nice guys in Israel as well (I don't know any, but I'm sure there's gotta be one or two), and in South Africa, Portugal, yes Romania and Ukraine as well, England and more.

So listen please to the advice of the fellows....find someone to talk to...please.

thanks

b'hatzlachah

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

Posted by laughingman - 06 Jun 2015 21:20

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I struggle with severe anxiety .....its a chemical thing to some extent ...

I also struggle with lust addiction ....particularly visual ....and some m\*\*\*\*\* .....i also struggle with a past full of mistakes and errors that each on its own is the largest and smallest but are together the sum of their parts .....while at the same time its not ALL my fault .....there were many who set me back intentionally ...some for biased reasons .....im not making this up.....soo tired

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

Posted by serenity - 07 Jun 2015 02:45

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Anxiety can be bad enough without aggravating factors. The 12 steps help us clean house, make amends for our past mistakes and misdeeds and live an emotionally sober life. This way we can face life and its challenges with confidence and pride.

Hatzlacha!

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 07 Jun 2015 12:24

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I actually really want to do the 12 steps....with someone ....i just dont know who, how, or when

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 07 Jun 2015 15:07

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[laughingman wrote:](#)

I actually really want to do the 12 steps....with someone ....i just dont know who, how, or when

Do you have any set times durin' the day/night that are good for you?

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 08 Jun 2015 15:25

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i have been watching my day schedual ....how it plays out in reality ....to see what times i really have cause often i'll say " 1 pm" and then 1pm becomes my busiest hour somehow

So far 10 pm my time/ 3 pm est seems to be free-er then other times

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 12 Jun 2015 16:17

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i have been getting up the courage to go seek a meeting or group i can go to .....but being th  
end of june i have been swamped with business and end of school year things ...especially a  
special project we are working on... but all this will probably resolve around july-mid-july .....

In the meantime i try to motivate others on the forum alittle .....so i can get in that zchut rabim  
thing

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Re: laughingman tries to count to 90.....  
Posted by Dov - 14 Jun 2015 03:51

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Sounds good! Hatzlocha chaver! There are a lot of different roadblocks inside us whenever  
trying something new...because if it is worth anything at all, it can't possibly be comfortable or  
easy.

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 14 Jun 2015 15:25

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[laughingman wrote:](#)

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have cause often i'll say " 1 pm" and then 1pm becomes my busiest hour somehow

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I'm game for a 3 pm est call (10 to 15 minutes maximum)....anyone else?

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Re: laughingman tries to count to 90.....  
Posted by serenity - 14 Jun 2015 18:02

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sure, why not.

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 14 Jun 2015 18:25

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laughin' man; are you on for 3 tomorrow?

so far, we've got a threesome.

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