

Toughing it

Posted by polar bear - 08 May 2015 00:59

Hi, I'm kind of new...

Today is the 2nd day? (Or will be if I hang in there...)

A storm is warming up on the horizon. I am going to snuggle up stubbornly until it passes.

If it passes...

Everything is going to be okay.

Thanks for listening.

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Re: Toughing it

Posted by polar bear - 24 Jul 2015 18:26

My 'drugs' are currently the 90 day chart, the taphsic method, and support from you guys on the forum and some partners.

I was so close to falling the other day that I decided to pay my taphsic big knas just incase. I ended up making four times the amount of the knas on the same day! I guess HASHEM is trying to tell me something.

I've decided to limit my time on gye for a while in order to make it give me a bigger impact when I am on it. When you eat too much sushi or pizza, you get used to it, it loses it's specialty. I want gye to stay special. I still come on on a daily basis, as not coming on every day can probably

have the negative effect, but I won't linger on it for hours, that way I won't get too used to it.

So far it has been working.

I am also going to polish my taphsic distractions and knases. quite a few sheilos surfaced when I decided to pay the big knas - is the shvuah still chal since I didn't really fall, even though I'm paying the knas? My regular 'knas' yeshiva is closed, can I go to another one instead? I'm going to have to write this up.

Recently I called a chaver as one of my distractions, I was just planning to shmooz for a while until my urge went down, but he invited me to go out instead. I gladly agreed and I went out for a few good hours. When I came back there was nothing left of the struggle, I was so tired.

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Re: Toughing it
Posted by gibbor120 - 24 Jul 2015 18:43

[polar bear wrote:](#)

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Great!

The problem with the 90 day chart and taphsic is that they are essentially designed to bolster

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Re: Toughing it
Posted by cordnoy - 24 Jul 2015 20:36

[polar bear wrote:](#)

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Try finding a drug that treats the disease, not the symptoms.

Bhatzlachah

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Re: Toughing it

Posted by polar bear - 27 Jul 2015 16:43

Any suggestions?

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Re: Toughing it

Posted by TalmidChaim - 27 Jul 2015 16:52

Haha, Cordnoy, you slam-dunked it in one sentence again. I'm going to remember that. Poet Laureate of GYE, you are!

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Re: Toughing it

Posted by cordnoy - 27 Jul 2015 20:39

[TalmidChaim wrote:](#)

Haha, Cordnoy, you slam-dunked it in one sentence again. I'm going to remember that. Poet Laureate of GYE, you are!

On the calls, I talk much longer.

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Re: Toughing it

Posted by cordnoy - 27 Jul 2015 20:41

[polar bear wrote:](#)

Any suggestions?

Read 10 minutes from the big book every day.

Or any of the other books.

Join a call.

10 minutes of mussar daily.

Discuss with a mentor.

Bhatzlachah

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Re: Toughing it

Posted by polar bear - 28 Jul 2015 18:20

Ok, any way of finding out what the disease is?

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Re: Toughing it

Posted by cordnoy - 28 Jul 2015 19:34

[polar bear wrote:](#)

Ok, any way of finding out what the disease is?

Read the books!

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