

90 one day units - ENY

Posted by eny - 06 Sep 2015 11:59

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I have to take this seriously, will try to post progress and link it to my chart.

The following was written after a fall:

Had another fall!

I look back and see exactly how it happened:

1. met a vulnerable point in my day: having a work deadline and sat down to work on it late at night (tried extremely hard to finish earlier today)
2. We got a new filter (VCF) but didn't fine tune it properly yet (default block and allow particular sites) - I'm too crafty and persistent at getting around it.
3. Should have got on GYE!
4. Was not persistent on getting a sponsor or partner

took the following steps:

- A. sent request to change filter settings
- B. sent request for sponsor
- C. went on to GYE
- D. going to sleep so I can not mess up tomorrow

I have to catch this stuff early before the slippery slope begins

B'hatzlacha to all

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Re: 90 one day units - ENY

Posted by Shlomo24 - 16 Dec 2015 17:00

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can you explain what thinking flowing from within means?

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Re: 90 one day units - ENY

Posted by eny - 11 Jan 2016 04:01

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for me it means asking for siyata dishmaya to, when I want to or need to, choose to think about something and guide my thoughts: through the issue I'm getting myself to think about, the question on the parsha I'm thinking about, the plans I'm thinking about, the shiur I'm preparing for.

as opposed to starting to think just based on what I see (especially problematic triggers)

I've been listening to tapes of 12 step conference calls - that certainly helps

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Re: 90 one day units - ENY

Posted by eny - 11 Jan 2016 04:03

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starting to work on anger

this complements work on lust

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