

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

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Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuot to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

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Re: Singularity's Journey

Posted by Shlomo24 - 19 Sep 2017 17:02

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Really happy for you, Sing. Keep up the great work! The house sounds wonderful!

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Re: Singularity's Journey

Posted by Singularity - 20 Sep 2017 10:42

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[Markz wrote on 23 Jul 2017 02:18:](#)

Sing' a few threads are required reading

[This one](#) by dms is a good start ;-)

You can see it all on 2 pages

[Page 1](#)

[Page 2](#)

Thanks for all the lovely messages all.

dms, we are similar in ways. Though I ducked out of university, haha :D I'm still in your 2013 though so bear with me

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Re: Singularity's Journey

Posted by dms1234 - 20 Sep 2017 18:35

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Oh my! Thats a lot of posts. I can tell you that the more recent ones are better! Im more healthy now than before.

If you ever want to chat: email me at [dms1234ongye@gmail.com](mailto:dms1234ongye@gmail.com)

Started reading through it

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Re: Singularity's Journey

Posted by MayanHamisgaber - 08 Nov 2017 13:02

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Finally see you logged in Sing

How you been?

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Re: Singularity's Journey

Posted by Singularity - 24 Nov 2017 12:22

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Breathe!

BH I have open space between projects at work (and a good dose of chess games)

Life is wonderful and fantastic. I love my wife and kids, our wonderful house and community and my job. I am an artist of data. It's all good.

I have been clean since sometime mid-august, I don't really remember. What is most important is today.

I profusely thank my Higher Power for the gift of recovery. My wife and I have become best friends. And we frequently discuss my disease. I tell her why I'm so messed up and what I try do to fix that:

- Monday night meetings.
- Started a Wednesday night co-sponsor meetup with a friend.

- Praying, listening to Dov's recordings and trying my best to surrender! (everything - anger, overreacting, lust to name a few)
- Trying to be a good father, husband and trying to remember what I live for and why I make the choices I do.

Here's a thing that happened last night. My wife's family dog died. Shame. That poor thing, it suffered to much in its lifetime. It had an ingrown nail and was in a cast. It once died. Then eventually it just got really thin and its heart could not take the medication and just stopped.

So Thursday night is my anger management night it seems. (oh boy here I go again with a really long post)

We bake challas, my wife and I. She's my best friend. So it's tight. I come home 5:30, and need to leave for night seder at 7:50. So we make the dough quickly. Well the kids were either breaking down or staying up way too late so I was on my own as the wife put the remainders to sleep. Bake bake bake. managed to get a batch in. Just one. Needed to do two more. Asked the wife to do them while I was out. anyway two hours later i got back home and she had fallen asleep with the kids. Now usually I'd flip out, have all these *ta'anos* that she doesn't really love me etc. And admittedly I was upset, which I believe it's okay to feel upset. So I schlepped the kids to their rooms and tried to keep my composure as I asked my wife if she'd like to come have a hot chocolate in the dining room (which is no longer also the kitchen and lounge!!!)

And as we sat there in silence, her feeling so distraught, my feeling a bit awkward, and she cried and I was wondering if it was because she saw I was upset or if it was because of the dog. I then thought, that's damn selfish of me to think she's crying because of me. Why am I so special? Must be the dog.

And I asked if she wanted to talk and she shook her head but said she wants to hear about my day so I spoke to her and it eased all the tension. She said sorry. And she said she felt bad she made me so cross. I didn't really reply. Well I said something jovial. I still ascertain she cried because of the dog. I don't want to make her cry.

Maybe it was a fail, who knows. But I know a year ago I would have flipped out insane and gone all ape on her. Wouldn't have made for a fun night. This was much soberer.

Anyways I miss you guys. I hope everyone's doing alright. KOMT!!

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Re: Singularity's Journey

Posted by Hashem Help Me - 24 Nov 2017 12:26

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WELCOME BACK!!!

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Re: Singularity's Journey

Posted by cordnoy - 24 Nov 2017 12:45

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Nice to hear from you.

Continued hatzlachah

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Re: Singularity's Journey

Posted by TzedekChaim - 24 Nov 2017 19:58

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Thank you for the inspiring share Sing! Wish you tremendous trucking hatzlacha and wonderful Shabbos!

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Re: Singularity's Journey

Posted by Hakolhevel - 26 Nov 2017 01:45

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Great stuff. Welcome back!

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Re: Singularity's Journey

Posted by Singularity - 16 Jan 2018 12:26

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Hello all

BH I'm clean and recovering. Since Mid-August. It's a big chizzuk for me but more than that maybe it might mechazek others too. That's why I decided to share my clean time with our SAA group, after hearing people's crashing and burning.

I like what Dov said about others falling. "That should have been me! They're doing the work for me!"

And I can honestly thank them for showing me where I shouldn't be.

Updates...

I recently realised a lot of my food bingeing is due to these anxiety tablets I'm taking. Well it could be. They say the side effects are an increased appetite. I had a massive anxiety attack on Sunday and my wife pointed out I had missed taking my tablets for 2 days. Things clicked because I really couldn't control my heart's racing etc.

Someone shared last night about expectations. He called them "premeditated resentment" and it really resounded with me. But I can't resent my wife for *her* own expectations. I gotta clean up my side of the street.

I realised I'm not alone in my sick thinking. Like, enjoying work because it's an escape from 24/7 with the kids. Some other balabas told me yesterday, "You're not alone. What's the best thing about Friday? There's 2 days left 'til Monday!!" I laughed.

That's the power of the fellowship. Isolation can make me think I'm the worst person in the world and others couldn't be as sick and twisted as I. It's a nice realisation.

Nothing else going on. Will (promise again) try post at least a few times a week. My capacity for

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Re: Singularity's Journey

Posted by Gevura Shebyesod - 16 Jan 2018 16:50

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getting into a long, drawn-out sugya here is quite low though. Please accept me

Love that line about expectations. Great quote from old-timer TZ (It's in someones signature I forget who) "If I'm acting like I'm pregnant, it's because I'm expecting".

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Re: Singularity's Journey

Posted by lifebound - 04 Feb 2018 18:53

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Wow...just read your thread.

I love how open you are with sharing your everyday struggles, it's inspired me more than you can imagine.

Welcome back!!!  
You're an amazing person Sing.

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Re: Singularity's Journey

Posted by Singularity - 20 Feb 2018 07:47

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Thanks LB. Much love your way

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Re: Singularity's Journey

Posted by Markz - 16 Mar 2018 11:25

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Interesting Avatar you have

"Wanna solve your problems?... Help others"

Heres the last of the 12 Steps

12. Having had a spiritual awakening as the result of these steps, we **try** to carry this message to others with similar problems, and to practice these principles in all our affairs

Ever wonder why it says "try"?

It seems the author had a sense of reality and a sense of humor too!

Its part of the program to help, but imho not the main clincher

Shabbat Shalom brother

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