

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 25 Feb 2017 22:43

[MayanHamisgaber wrote on 25 Feb 2017 21:27:](#)

encouraging and thoughtful that i know i can do this for good !

Probably will white knuckle through the rest of the zman but will see....

Meaning about the chvrusah situation

B"H no need to white knuckle with the lust issues as of today.....

Thanks for the chizuk GS

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Re: I will make it b"h

Posted by GrowStrong - 26 Feb 2017 04:27

BH

We should call getting through real life something else.

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Re: I will make it b"h

Posted by MayanHamisgaber - 27 Feb 2017 16:03

Day 70

Thank you all for makin this possible, now

Warning: Spoiler!

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Re: I will make it b"h

Posted by Hashem Help Me - 27 Feb 2017 20:46

great to see where you are! continued hatzlocha.

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Re: I will make it b"h

Posted by MayanHamisgaber - 27 Feb 2017 20:53

Amen v'chain l'mar

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Re: I will make it b"h

Posted by Singularity - 28 Feb 2017 08:14

[MayanHamisgaber wrote on 27 Feb 2017 16:03:](#)

Day 70

Thank you all for makin this possible, now

Warning: Spoiler!

bhatzlocha for the final stretch!

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Re: I will make it b"h

Posted by MayanHamisgaber - 01 Mar 2017 21:22

Day who knows what

Feeling tired and stressed and not happy with anytin do not know why just frustrated I guess with not making much progress in all areas....

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Re: I will make it b"h

Posted by Ihavenostrength - 01 Mar 2017 21:38

Or maybe you should find out what day you're on and see that you *are* making progress (I see it's at least 70 woot woot!).

I know it's not all about the days, but you did say you weren't making "much progress" in

Maybe try this for stress: take a deep breath through your nose, pause, exhale through your mouth to the count of five. Repeat four times. Congrats, you've just calmed your nervous system.

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Re: I will make it b"h

Posted by MayanHamisgaber - 01 Mar 2017 22:07

Thanks for the boost

Sometimes I just need to write that to accept it that itself helps

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Re: I will make it b"h

Posted by Hashem Help Me - 01 Mar 2017 22:59

[MayanHamisgaber wrote on 01 Mar 2017 21:22:](#)

Day who knows what

Feeling tired and stressed and not happy with anytin do not know why just frustrated I guess with not making much progress in all areas....

Lots of us suffer from varying degrees of perfectionism. It appears to be a jewish genetic disorder! (or more truthfully we just keep on teaching subsequent generations this bad habit) We are very hard on ourselves. If our davening or learning is not up to par, we classify it as "no good". We tend to not notice how much good we really do. Give yourself a pat on the back for the various things done today - tzitzis, tfillin, brochos, chasodim - (the little favors for family, friends, acquaintances, etc) krias shma, something you were mevater on, being a good father/husband, and the list goes on.

At the same time, we all know that feeling of drag we sometimes get. Exhaustion, lack of exercise, nothing exciting going on.... It's real demoralizing. Hope it breaks fast.

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Re: I will make it b"h

Posted by Singularity - 02 Mar 2017 09:45

[lhavenostrength wrote on 01 Mar 2017 21:38:](#)

Or maybe you should find out what day you're on and see that you *are* making progress (I see it's at least 70 woot woot!).

I know it's not all about the days, but you did say you weren't making "much progress" in

Sorry to hear. Not knowing what day you're on might be real progress.
Maybe try this for stress: take a deep breath through your nose, pause, exhale through your mouth to the count of five. Repeat four times. Congrats, you've just calmed your nervous system.

Also, try CLAPPING!!!!

haha, I couldn't resist. sorry , strength

I see it as like, well everyone puts on Tefillin, everyone learns etc.

So It's hard to see those as "accomplishments". But they are. Builds my consistency in life. And Hashem wants consistency more than flaming, short-lived things.

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any area

Re: I will make it b"h

Posted by lhavenostrength - 02 Mar 2017 20:19

[Singularity wrote on 02 Mar 2017 09:45:](#)

Also, try CLAPPING!!!!

haha, I couldn't resist. sorry , strength

Love it! Btw, I actually just tried the clapping, it totally works. No joke. Had me and my friend cracking up (clapping then stating you did it to see what it would feel like seems to have that effect).

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Re: I will make it b"h

Posted by bb0212 - 03 Mar 2017 05:58

Let's all clap together! Made me smile, thanks Sing! Clap us a song, you're the clapper man...

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Re: I will make it b"h

Posted by Singularity - 03 Mar 2017 07:53

[lhavenostrength wrote on 02 Mar 2017 20:19:](#)

Also, get my name right it's lhavenostrength!

[Singularity wrote on 02 Mar 2017 09:45:](#)

Also, try CLAPPING!!!!

haha, I couldn't resist. sorry , strength

Love it! Btw, I actually just tried the clapping, it totally works. No joke. Had me and my friend cracking up (clapping then stating you did it to see what it would feel like seems to have that effect).

There's a space between the comma and the y. Leaves room for *Drosha* :-)

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