

I fell yesterday

Posted by returningtohim - 30 Jul 2017 22:11

I fell yesterday. The weakest night for me is motzei shabbos. What do I do? Any tips?

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Re: I fell yesterday

Posted by Markz - 30 Jul 2017 23:02

Welcome brother

Checkout guardyoureyes.com/forum/1-Break-Free/266614-GOOD-VOCH?limit=200&start=0

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Re: I fell yesterday

Posted by gibbor120 - 31 Jul 2017 18:53

What do you do on a typical Motzei Shabbos? Is it unstructured time? Can you get involved with something positive on Motzei Shabbos? A shiur, a hobby, get together with friends for melaveh malka. Don't sleep too much on Shabbos afternoon, so you can fall asleep more easily on Motzei Shabbos. Set up a chavrusa for that time...

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