

things that help me...

Posted by cmh - 22 Nov 2017 13:53

I was looking for away to record my journey. i hadn't really thought of including other people. but the truth is, if anyone sees this and it helps them, thats wonderful.

and I know how much it helps me not to be on my own.

so, if anyone wants to join and comment, I'll be happy.

the first point I want to record is this:

I have to be happy with myself. As far as I am aware, all my falls came from being down on myself.

there are some critical voices out there (and inside me, of course) and for practical purposes, tthese voices have NO TRUTH WHATSOEVER! that doesn't mean there's no truth in their criticism. but since the way it's put over just destroys me, it's not where to focus.

in fact, it's important to hear those voices so that i can loudly and confidently declare the opposite!

"I AM CAPABLE OF PROVIDING FOR MY FAMILY! THATS WHAT I DO! MY FAMILY ARE PROVIDED FOR & LOOKED AFTER. BY ME! ALL THAT THEY NEED IS SENT BTHROUGH ME! i run the accts well, I pay my debts, I am an excellent husband! I am an expert educator.

and so on.

ttfn

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Re: things that help me...

Posted by tzomah - 27 Nov 2017 11:27

my wife used to buy my clothes and i bought hers(in my head) now i buy mine and she buys hers

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Re: things that help me...

Posted by cmh - 03 Dec 2017 19:46

Much hazlocha.

letting go can feel like you're jumping (willingly) off a sheer cliff into a raging inferno. Why would anyone do that? Control is LIFE.... (or so it can feel)

so, #1 give yourself a pat on the back for trying. This type of avoda needs fargin, fargin, fargin. especially to ourselves.

another nekuda: control was a survival tactic. it was necessary for life. so letting go feels like dying. fargin.

and know- there is life after death- it might not feel like it, but you know- that actually- after death (meaning a redefining) is life!

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