

Fresh thoughts

Posted by Ihavestrength - 24 Apr 2020 01:41

Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

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Re: Fresh thoughts

Posted by Ihavestrength - 30 Aug 2020 05:19

Day 117-118: Nice shabbos BH. BH, for shabbos. I don't know how I'd stay sane without it. Looking forward to a good week Bezh. Have a great week everyone!

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Re: Fresh thoughts

Posted by Realestatemogul - 31 Aug 2020 02:07

You are awesome and Hashem loves you! Keep inspiring us!!

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Re: Fresh thoughts

Posted by Ihavestrength - 31 Aug 2020 14:59

Day 119: Thanks for the kind words @realestatemogul.

Not sure why I decided to post in the middle of the day instead of in the evening... Anyways, not much to say really right now. Struggling with some restlessness and time management. I woke up at 7:10, but haven't done a whole lot since then. Have a good day y'all.

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Re: Fresh thoughts

Posted by Hashem Help Me - 01 Sep 2020 23:49

This thread should be posted in the dormitory of every yeshiva..... You are such a real guy. Honest and inspiring. Positive and upbeat. Keep it up buddy.

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Re: Fresh thoughts

Posted by Ihavestrength - 02 Sep 2020 04:05

Day 120-121: @HashemHelpMe Thanks for the kind words of encouragement, I appreciate it a lot. You inspire me to share and post, even when maybe I'm feeling like I'm too tired to string together a sentence.

I definitely could not have done it without this great community on the forum. My new goal is 150.

I went to minyan this morning, and it made my day better. It always does. This applies if I wake up late and need to go to a different minyan, or if I wake early and go to my regular minyan. It just always improves my day. I'm writing this for myself so that I can better remember to make the right choice when I'm feeling lazy.

Had a positive breakthrough in university which I'll try and write about tomorrow. Good night!

Good day today BH. Firstly, I reached my goal of 120 days, so yay me for that!

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Re: Fresh thoughts

Posted by Ihavestrength - 06 Sep 2020 04:40

Days 122-125: Nice shabbos BH. Dealing with some tough decision making. Perhaps the best approach is to simply try my best to make the correct and proper choice and daven for siyata dishmaya. At the end of the day, Hashem wants us to operate in nature and make the best choices that we can I suppose. Sometimes I think I over complicate my life by thinking too much lol. Wishing everyone an awesome week!

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Re: Fresh thoughts

Posted by wilnevergiveup - 06 Sep 2020 06:17

[Ihavestrength wrote on 06 Sep 2020 04:40:](#)

Days 122-125: Nice shabbos BH. Dealing with some tough decision making. Perhaps the best approach is to simply try my best to make the correct and proper choice and daven for siyata dishmaya. At the end of the day, Hashem wants us to operate in nature and make the best choices that we can I suppose. Sometimes I think I over complicate my life by thinking too much lol. Wishing everyone an awesome week!

Maybe reach out to someone you trust, sometimes that is also what Hashem wants. He doesn't expect you to make all your choices on your own, sometimes you just need to get an objective point of view.

Keep inspiring and keep this streak going!

Wilnevergiveup

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Re: Fresh thoughts

Posted by Im Tevakshena Kakasef - 06 Sep 2020 19:27

Forgive me for not reading through all the 13 pages of your thread. I would however like to add my support. It seems your doing really great, and I hope to follow your thread form now on.

All the best

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Re: Fresh thoughts

Posted by Ihavestrength - 09 Sep 2020 03:48

Days 126-128: On my way to my new goal of 150 Bezh. It's pretty nuts how powerful a positive outlook in life can be. No matter how good my life is, a negative outlook can make me feel like I have nothing. Conversely, even when things are tough I can control my feelings to a surprising degree by being hopeful, being positive and kind, and by doing what I can, with what I have, where I am. Hope that made some sense. Pretty exhausted from this thing we call life, or maybe just the day really. Good night!

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Re: Fresh thoughts

Posted by lhavestrength - 10 Sep 2020 01:40

Day 129: I had a tough day today. I had a massive headache for most of the day. It seems the headache came from my glasses pressing against face. Hopefully, I can get them adjusted tomorrow. I took them off in the evening, and since then I've gotten some relief. Doing school on the computer for hours with a massive headache was no fun. I also have loads of work due which is sort of scaring me. I'm also worrying about all sorts of other things. Finding my bashert, or more accurately, I'm more worried about *not* finding her. Worried about what people think of me. I have a physical issue which I worry people can detect, although it seems like that it is mostly just a worry. (Sorry for being vague, I can't quite just go and describe myself exactly for you, can I?)

I don't know how much sense the above paragraph made. I don't know if it's relatable. Maybe it sounds like I'm just saying crazy things. If so, I apologize. Going through a pretty tough time now on a lot of fronts. I'm in school in a very challenging subject area. Shidduchim is also a great source of stress. Among all the other areas in life. Mental health stuff.

Yes, I'm complaining. Hey, I had a bad day. Ok, sorry for ranting and raving. I'm going to go and write in my gratitude journal app to set my head straight. Also, so important to move my body. Just walking to maariv and back and getting in some more steps has helped me a bit. OK, maybe I don't need to worry, Hashem knows what he is doing. Sorry for the negative vibes.

Have a great night everyone,
and if you made it this far, thanks for reading! Keep on trucking!

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Re: Fresh thoughts

Posted by lionking - 10 Sep 2020 02:41

Thanks for sharing. I read myself in a lot of your posts. Stay positive and have a great night.

May you be zoche to your bashert quickly and easily.

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Re: Fresh thoughts

Posted by Hashem Help Me - 11 Sep 2020 03:37

Keep on ranting and raving whenever necessary. I look back and realize there were so many times that i acted out instead of sharing my frustrations, pain, rejection, etc with friends. Hatzlocha chaver.

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Re: Fresh thoughts

Posted by Ihavestrength - 11 Sep 2020 05:14

Day 130: Far from a perfect day but better than yesterday in a lot of ways BH. I think it's so important for me to note that I can have a tough day, but if I recalculate I can have a good day tomorrow. This applies in all areas of my life in a specific and general way. In other news I'm tired. Oh sorry, I meant to say *old* news. Ok, have a good night y'all!

Edit: Just wanted to say that filling in about 5 things I'm grateful for in my gratefulness app is massively helpful to me. I did it yesterday and today and crazily it had an effect already. I think I really must do it each day. It's crazy how something so simple seems to help me so much. But hey, cliches are cliches for a reason, right? Gratefulness is the key to happiness and all that. Ok, sorry for the disjointed writing, I'm exhausted. Peace out!

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Re: Fresh thoughts

Posted by Im Tevakshena Kakasef - 11 Sep 2020 09:59

I read a similar idea once, that for 1 minute a day a person just thinks about what they are grateful for. Sounds like it really does give a person the proper attitude for life.

We like hearing you rant and rave. Makes you sound more relatable. You're a guy who has good days and bad days, like everyone else. But you seem to have an incredible attitude, which we can all learn from. Keep it up!

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