

Fresh thoughts

Posted by lhavestrength - 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!

=====
====

Re: Fresh thoughts

Posted by Singularity - 17 May 2020 03:59

[BHYY wrote on 17 May 2020 02:27:](#)

I feel you @Ihavestrength, I definitely do. They're opening the beaches...big whoopee - what am I supposed to do with that?

I can think of **many** things!!!!....

=====
=====

Re: Fresh thoughts

Posted by lionking - 17 May 2020 05:47

[Ihavestrength wrote on 15 May 2020 23:39:](#)

@lionking Thank you for your thoughts. I respectfully disagree however. Calculating risk is something we do every single day. It is not kefirah or insanity to use data to inform responsible decision making. The only reason you drive a car is because you know that the risk of death is low (regardless of whether you know the exact statistic or not). When there is great confusion regarding levels of risk (such as with coronavirus) it is hard for people to make good choices, collectively or personally.

12: Feeling quite depressed. I think I'm at my breaking point with the whole lockdown thing. I didn't work today. Just really couldn't. Didn't daven properly. Didn't do a whole lot of anything.

Sorry for the bad vibes. Hopefully shabbos will be nice although I'm sorta dreading it to be honest.

Have a great shabbos!

You are totally entitled to your opinion.

NYC publishes some very thorough data at

<https://www1.nyc.gov/site/doh/covid/covid-19-data.page> also check out
<https://www.worldometers.info/coronavirus/> and <https://coronavirus.jhu.edu/>

Unfortunately, this virus has affected all ages. There were older people even 99 and over that recovered and R"L young people that haven't. We need to listen to our rabbonim and leave the anxiety out of it. (I hold the same for the Antibodies testing, we cannot rely on it to become lax in something. We must continue to be vigilant, whether that is soap washing, face masks, etc...) May Hashem protect us all.

Sorry to hear that it is making you feel depressed. Personally, I found that in the beginning, when I was following the statistics and news, I became very down and actually felt sick afterwards. Only when I stopped this habit, did I start to feel better.

Saw a good post that made me smile, figured I'll share it. See attached.

Hatzlacha Rabba

=====
=====

Re: Fresh thoughts

Posted by lhavestrength - 17 May 2020 20:16

Day 13 & 14: Was too tired to post last night, so killing two birds with one stone here.

Feeling a bit better about things than I was a few days ago. Had a good shabbos BH. Got some

Dreading working tomorrow a bit, but it should be alright. I'm going to start working out of the house consistently to get a change of scenery, which hopefully will help. Although, working by myself for many hours is really boring compared to the office environment. Anyways, enough ramblin, time to get some exercise. Peace out people and have a great rest of the day!!

=====
=====

Re: Fresh thoughts

Posted by Meyer M. - 18 May 2020 05:14

"lionking" post=349825 date=1589694455 catid=4

You are totally entitled to your opinion.

NYC publishes some very thorough data at www1.nyc.gov/site/doh/covid/covid-19-data.page
also check out www.worldometers.info/coronavirus/ and coronavirus.jhu.edu/

Unfortunately, this virus has affected all ages. There were older people even 99 and over that recovered and R"L young people that haven't. We need to listen to our rabbonim and leave the anxiety out of it. (I hold the same for the Antibodies testing, we cannot rely on it to become lax in something. We must continue to be vigilant, whether that is soap washing, face masks, etc...) May Hashem protect us all.

Sorry to hear that it is making you feel depressed. Personally, I found that in the beginning, when I was following the statistics and news, I became very down and actually felt sick afterwards. Only when I stopped this habit, did I start to feel better.

Saw a good post that made me smile, figured I'll share it. See attached.

Hatzlacha Rabba

You're right the virus has affected a lot of people but I have spoken to several doctors here in Brooklyn and they say that its enough already and we should re-open the economy, the virus may have hurt a lot of older people and VERY VERY VERY few young people, but suicides are up, theft is up, homicides are up, and the amount of young people (under 50) actually killed by it is less than 1%, the economy is shriveled, (not to mention all the kids exposed to the dark parts of the internet now that they were locked up) and now to close things up for the foreseeable future the news is touting that kids can get it, HELLO HELLO there is something called post-viral syndrome and that can seem as though they are sick. I do feel greatly that the state should be re-opened and the elderly will unfortunately have to be in quarantine. Not everyone should suffer because a minority is at risk

?I think I've rambled about my opinion enough, and this has absolutely nothing to do with this thread. But I just needed to get this off my head after screaming this at everybody for the last month. Yassher Koach

=====
=====

Re: Fresh thoughts

Posted by lhavestrength - 19 May 2020 03:28

Day 15: Tired as hell. Feel like I can never get anything done outside work hours. Basically I wake up, am late to work, and spend the time after work, trying to do things to keep me sane. I want to have more energy and time.

Not sure what I'm really saying, but I need to post everyday, so I can be pretty liberal with the nonsense I spout.

Ok, that's all for me. Ok, actually one last thing. I'll let you in on something personal: my biggest trigger. My biggest trigger is the knowledge of the gap between who I am and who I'd like to be. The coup de grace of this most powerful trigger is the further knowledge that I lack the energy, time, or skills to bridge the gap. Crap, not a fun place to be. Good thing there is always bed.

Have a good night people! Peace out and don't eat too much ice cream!

=====
=====

Re: Fresh thoughts
Posted by BHYY - 19 May 2020 04:47

[lhavestrength wrote on 19 May 2020 03:28:](#)

The coup de grace

Nice word!

Who cares who *you* want to be? Just focus on who Hashem wants you to be, I happen to think you're doing a fantastic job and bringing Him loads of Nachas.

=====
=====

Re: Fresh thoughts
Posted by starting - 19 May 2020 06:50

I feel the same way

But

I realised that that that which I crave to be is not who I want to be for right now.

Yes I wish I hadn't made those mistakes that brought me here.

But right now I think I have to look at life in 2 regards,

1 is who I want to be in 10, 20, 30, and 50 years from now and

2 is what I want to be in 5 minutes compared to who I am this minute

Thanks for making me think about this

=====
=====

Re: Fresh thoughts

Posted by Ihavestrength - 20 May 2020 01:58

[BHYY wrote on 19 May 2020 04:47:](#)

[Ihavestrength wrote on 19 May 2020 03:28:](#)

The coup de grace

Nice word!

Who cares who *you* want to be? Just focus on who Hashem wants you to be, I happen to think you're doing a fantastic job and bringing Him loads of Nachas.

=====
=====

Re: Fresh thoughts

Posted by Ihavestrength - 20 May 2020 03:14

Day 16: Thank G-d another day. Not perfect in any way, but all in all OK.

Got some very good news today BH. I'm dealing with feeling anxious quite often. Not loads of menuchas hanefesh.

Anyways, looking forward to a great day tommorow B"H.

Have a great night people!

=====
=====

Re: Fresh thoughts
Posted by Singularity - 20 May 2020 03:42

Will we ever have a perfect day?

Keep on smashing it!!

=====
=====

Re: Fresh thoughts
Posted by BHYY - 20 May 2020 03:58

You're doing great! Focus on living in the moment, it's a lot easier to have a perfect moment than a perfect day!

=====
=====

Re: Fresh thoughts
Posted by Ihavestrength - 21 May 2020 03:38

Day 17: Ok, day today. Not incredible or anything, but alright. Ye, I know I'm probably sounding like a broken record. Having some technical issues related to remote working that have been the cause of some frustration.

Tomorrow is going to be a medication holiday. Why do you care? I know, sorry, I'm tired, so I'm spouting irrelevant information. In any case, that's all for me.

Have an awesome night! Peace out people!

=====
=====

Re: Fresh thoughts
Posted by Ihavestrength - 22 May 2020 03:23

Day 18: Another day, thank God. Didn't take my ADHD medication for the first time in a while. Day went OK. Probably felt less anxious because of it. Nervous about an upcoming date. Ok, that's all for me. Good night!

=====
=====

Re: Fresh thoughts
Posted by Ihavestrength - 22 May 2020 23:53

Day 19: Good day today BH. That is always a nice surprise. Good shabbos everyone!

=====
=====