

Connecting the days

Posted by connected - 05 May 2022 17:34

I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by Lchaim Tovim - 15 Aug 2022 13:51

[connected wrote on 14 Aug 2022 22:40:](#)

I think that even though the cookie crumbled, it's not deleted. Those 109 days are still mine.

Exactly. Your batting 900 and headed to the hall of fame! You don't lose your batting average just because your streak got broken.

Check out this article [You Don't Truly Build a Habit Until After You Break Your Streak \(lifehacker.com\)](https://lifehacker.com/you-dont-truly-build-a-habit-until-after-you-break-your-streak/)

Keeping up a habit every day is a classic hack. Whether you track that with a row of red X's on a calendar, or you let an app give you badges for consistency, a streak can help you get a habit started. But that's just the first step. **You find out who you *really* are after you break your streak.**

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Re: Connecting the days

Posted by connected - 15 Aug 2022 14:24

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Interesting perspective.

Warning: Spoiler!

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Re: Connecting the days
I'm sorry
Posted by connected - 16 Aug 2022 19:02

Today is one of these days.

Y'know the ones when you feel wholly depressed and lonely? Angry at no one in particular.

As we Yiddish-speaking folk put it, *Luz Mich Oop*. (Or the shorthand version, lumichoop.)

The good news is that I have approximately two hours of traveling to do before getting home today. I'm so going to blast out my car's stereo system while frantically waving my hands and various body parts to the music.

That usually somehow puts me in a better place.

Beethoven's Fifth should do the trick, but it's too short.

If anyone has a good suggestion of what I should listen to, I'm all ears.

Well, that's slightly inaccurate; I'm partially ears.

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Well, that's slightly inaccurate; I'm partially ears.

I know how you feel. Not a classical music kind of guy so can't really give you any suggestions on that end . Was hoping you would sign off Reconnected. Remember a crumbled cookie still tastes great even if it doesn't look as good.

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Re: Connecting the days

Posted by supremeone - 16 Aug 2022 21:59

Well if you want something like that, march of the toy soldiers or in the hall of the mountain king.

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Re: Connecting the days

Posted by connected - 16 Aug 2022 22:55

[supremeone wrote on 16 Aug 2022 21:59:](#)

Well if you want something like that, march of the toy soldiers or in the hall of the mountain king.

If Beethoven's fifth is too short, what does the hall of the mountain king have to say for itself?

And while we're on The Nutcracker, why not listen to the whole thing? Tchaikovsky is always fun.

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Re: Connecting the days

Posted by supremeone - 19 Aug 2022 17:34

Oh for sure, whole thing is fantastic.

Check out heilung. Very interesting music.

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Re: Connecting the days

Posted by connected - 19 Aug 2022 19:11

[supremeone wrote on 19 Aug 2022 17:34:](#)

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Thanks for the recommendation, not quite my tempo...

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Re: Connecting the days

Posted by connected - 22 Aug 2022 16:16

'twas a brutal Sunday.

On multiple occasions, my old self tried pulling me to the bathroom. To alleviate my stress, to numb my lack of sleep on MS, and to pass time.

In the past, I'd follow this instinct, no questions asked.

Thank The Almighty; I'm not in the past anymore.

I still have many urges and cravings (yearnings, too), but it's not happening so much without my (conscious) knowledge.

Observing these feelings as though I'm on the outside is interesting.

Understanding what's happening - as the events are unfolding.

To be able to connect the dots between an urge and, say, a task I've been pushing off.

Y'know what? As brutal as Sunday was, it was a good learning experience.

May The Almighty give me many more accompanied by the clarity and presence of mind to learn and grow.

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Re: Connecting the days

Posted by connected - 24 Aug 2022 15:34

So here's the dealio.

I'm toying with the idea of taking a hiatus from GEY.

Over the past few weeks, I've spent countless hours in GYE, unearthing old posts.

Getting inspired.

Feeling validated.

Laughing my rear end off.

All with a side of wasting time.

I used to waste time on YouTube. Or, as Rav Noach Weinberg ZT"L would put it, I used to commit suicide on the installment plan on YouTube.

After Pesach, I finally got the courage to block YouTube on all my devices.

But you see, as disturbing as YouTube might be, my problem was not in YouTube, per se; my problem is in me.

I blocked YouTube, and now my fingers mindlessly open GYE.

Here's the conundrum:

Regarding YouTube, I knew that 95% of the time I gave them went to waste. The other (maximum) 5% was to gain positive knowledge. So I was able, to be honest with myself and leave.

However, when it comes to GYE, there's a much more substantial positive gain.

1. If not for GYE, I would, in all likelihood, be deeper than I was four months ago or at least just going sideways - certainly not where I'm at now.
2. I acknowledge that I'm not out of the muck, and being on GYE still delivers Chizuk.
3. GYE provides me with a Kosher form of entertainment (oh, those old "just having fun" threads!)

But at the same time, I'm sitting here way longer than I should and getting less work done.

Here's the plan:

I want to step away for two weeks. After that, I want to keep it blocked on my phone and open it for an hour during the day on my computer. (I use freedom.to/)

Something I need to keep in mind:

As I stated before, my problem is not YouTube or (Lihavdil) GEY; it's me. I need to figure out why I have this tendency and cure that.

If anyone has any suggestions before I set my plan into motion, please come forth.

Thanks in advance.

Reconnecting

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Re: Connecting the days

Posted by No Mask - 24 Aug 2022 16:59

I relate very much, GYE was my life saver, to be honest; I started GYE without even knowing about the forum, it was some information about SMART they sent me, and I learned and practiced, and then with the F2F

All that is inner work, and I did feel that I opened up to someone in the email to GYE.

In the beginning I felt good starting to post to take off that whole taboo around the topic.

And even the chatting is good sometimes when I feel the need to talk to someone.

And having a friend following me, keeps me in check [even though that can not be the main reason to stop]

But here comes the but, I feel like sometimes it's costing me too much time, reading chatting, instead of doing productive things, or doing inner work, like F2F practicing mindfulness.

And I feel that instead of doing a thorough job at work, I'm just yotzah sometimes, because of the hour on GYE.

So I relate, but I think its still better this way than without GYE, [not better, its not even question]

But I would like to limit my access to a certain time, but I don't think techlocq has such an option.

So Hatzlacha on your decision

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Wow, this is interesting.. last night I made a similar decision to cut out certain time wasters from my life. I realized that all this stuff really stops us from being productive and actually living life. For me, it was even all the introspection and working on myself like F2F program. Too much isn't good — at least for me. I really agree to what you are saying that it's a problem within us and it comes out in certain ways. I like to think of it as the problem and the symptom. Personally, I enjoy relaxing and surfing the internet whether it's YouTube or GYE, etc. and that comes out differently depending on what I have access to.

so I think the first step is to decide what do we rather spend our time on- which specific sites.

then additionally, after that we can cut it down more and more after we see where our time wasters are (for me I noticed YouTube is much more of a time waster then anything else even if it's kosher informative videos. Additionally I'm much less productive there then GYE and obviously there's much more immodesty.)

however, at some point I realized it's like everything else — I gotta work on myself from within on why I wanna control myself and use my time wisely. Because there will always be where we can waste our time...

hope this was helpful! Hatzlacha!

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Another eitzah is being in control and not going on only certain times.

But then it could happen like now, I'm just checking a minute and I find something interesting and its an hour later

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