

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 connected - 20 Dec 2022 21:41

Wow. The noise in some threads is deafening.

I heard an awesome podcast today with Rabbi Daniel Lapin; here's an excerpt:

I really don't want anybody to try and make the world a better place. Stop doing that, please.

Just improve your life, and my life will automatically improve; that's how God set up human society.

For you to try and improve the world means you're going to have to use force because otherwise, how are you going to get people to conform to your vision of what a better world looks like, which may not be what my better world looks like?

Please, leave the world alone. Just look after your own life, and everyone around you will be happier.

As for me, I had a fairly good week, and yesterday, I took such a gevaldig'eh plunge that, like Paroh's dreams, made the seven good days be totally forgotten. I can say that I tzindt the Menorah last night under ten Tefachim. Lamehadrin.

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Re: Connecting the days

Posted by jackthejew - 21 Dec 2022 10:09

[connected wrote on 20 Dec 2022 21:41:](#)

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And for Yosef Hatzadik, the dreams were the Yeshua! B'ezras Hashem by you B'karov!

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Re: Connecting the days

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Now all that's left is to figure out how to transform from playing Paroh into being Yosef.

Any tips?

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Re: Connecting the days

Posted by jackthejew - 21 Dec 2022 15:40

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Remember that Yosef started off by plunging into a Bor. Twice.

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Re: Connecting the days

Posted by connected - 21 Dec 2022 16:23

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Oh no, my friend.

Yosef was thrown by others both times.

I jumped of my own volition. All n times.

Anyhow, bygone.

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Re: Connecting the days

Posted by connected - 22 Dec 2022 17:10

After breaking my streak in the summer, I naturally clicked Don't Display Streak on Forum. I was already up there and couldn't bear having a single digit prominently displayed near my (anonymous) name. That's what I needed to do to protect my ego.

I want to try to start over. Like a freshman all over again. It's very uncomfortable, but it might help.

So, here goes:

day 1

What the heck am I even doing? Nothing.

Ha, good one.

If I keep doing nothing till tomorrow, I'll be up to day 2.

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Re: Connecting the days

Posted by No Mask - 23 Dec 2022 04:41

wow, you are growing, using your fall to become a better person, to become more vulnerable and honest

[some understanding how ?????? ?????? ?????? when the ?????? enabled you to become a better person, to open your self up in a deeper place, more honest]

Sometimes we feel we need to write a whole post in order to write something

Let me tell you, writing clean today, is a big story, a lot of strength of 1,440 minutes hard work.

Take it easy, you mentioned in an earlier post its not about streaks, so keep it up one day at a time,

The truth not even one day at a time, just make a decision to live today

All the best

No Mask

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Re: Connecting the days

Posted by connected - 23 Dec 2022 16:38

Day 2

Thank you, [@No Mask](#), for your encouragement. Yes, I'm making a conscious decision to live today.

Actually, today is too long (being the shortest Erev Shabbos notwithstanding); this moment is more manageable.

I'll take a deep breath, and enjoy the present.

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Re: Connecting the days

Posted by Sapy - 23 Dec 2022 17:12

[No Mask wrote on 23 Dec 2022 04:41:](#)

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Let me tell you, writing clean today, is a big story, a lot of strength of 1,440 minutes hard work.

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All the best

No Mask

I like the thought on ?????? ?????? ?????! Is it your own thought?

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Re: Connecting the days

Posted by connected - 25 Dec 2022 05:15

Day 4

'Twas a nice Shabbos, BH.

I had a terrific dream Friday night, which made my morning somewhat difficult, but I was BH able to let go and be present for the most part.

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Re: Connecting the days

Posted by connected - 26 Dec 2022 15:44

Day 5

Not much to write (home) about.

Just trying to stay committed to my rebirth.

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Re: Connecting the days

Posted by connected - 27 Dec 2022 16:02

Day 6

Just like a tree passing by my window as I drive.

Here it comes.

There it goes.

The tree is gone.

Oh, here comes another one.

No problem. That tree is not me.

Here comes a desire.

I can watch the desire come and let it go.

The desire is not me, either.

There it goes.

So it *is* possible. This is something to invest more into.

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Re: Connecting the days

Posted by DavidT - 27 Dec 2022 16:10

[connected wrote on 27 Dec 2022 16:02:](#)

Day 6

Just like a tree passing by my window as I drive.

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Here comes a desire.

I can watch the desire come and let it go.

The desire is not me, either.

There it goes.

So it *is* possible. This is something to invest more into.

Yes it IS possible.

When we are under an attack of lust, we feel we need it NOW – and the lust makes us act compulsively. In such moments, it is important to realize that lust comes in waves, and after the initial peak the intensity subsides - sometimes even within minutes. If we could somehow distract ourselves with something else, we will often find that the attack will pass and our sanity and composure will return.

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Re: Connecting the days

Posted by connected - 27 Dec 2022 17:11

[DavidT wrote on 27 Dec 2022 16:10:](#)

Yes it IS possible.

When we are under an attack of lust, we feel we need it NOW – and the lust makes us act compulsively. In such moments, it is important to realize that lust comes in waves, and after the initial peak the intensity subsides - sometimes even within minutes. If we could somehow

distract ourselves with something else, we will often find that the attack will pass and our sanity and composure will return.

I was actually not talking about using distractions. That might work for some, but for me (and many others), it turns it into a battle.

What I'm learning is almost the opposite of distracting myself. To acknowledge and treat it the same way I'd treat any object outside me - like a tree.

We can apply this to every disturbance and annoyance we experience.

Practicing (guided) meditation is helping me immensely in this area.

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