

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 ainshumyeiush - 30 Oct 2023 18:12

How many times did David goggins fail at beating the chin up record? But every time after a failed attempt he would go thru the whole process and see what went wrong. Dont think that nothing mattered. Its still a huge accomplishment that you where able to fight for so long. Its hard to stay focused for too long tho, so plan out now before you get caught up in the moment what you can do.

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Re: Connecting the days

Posted by connected - 30 Oct 2023 19:29

[ainshumyeiush wrote on 30 Oct 2023 18:12:](#)

How many times did David goggins fail at beating the chin up record? But every time after a failed attempt he would go thru the whole process and see what went wrong. Dont think that nothing mattered. Its still a huge accomplishment that you where able to fight for so long. Its hard to stay focused for too long tho, so plan out now before you get caught up in the moment what you can do.

I'm not sure what exactly you're saying here, but I'm getting positive vibes so I'll accept it!

Love you too, bro.

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Re: Connecting the days

Posted by ainshumyeiush - 30 Oct 2023 20:40

Sorry i thought you meant you had a fall when you mentioned a slow and steady decline until you went to sleep. Awkward. Moving on.

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Re: Connecting the days

Posted by chaimoigen - 31 Oct 2023 01:23

Not to hijack your thread, but today for me been a sweeping panorama of grey blahness that makes brilig and the slithy toves look happy.

I contemplated doing stupid things but don't want to.

Blah. I am a toad.

Can I join you on that lily pod in the swamp for a few, mate? The icky drizzle's dripping down my neck.

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Re: Connecting the days

Posted by redfaced - 31 Oct 2023 02:28

[chaimoigen wrote on 31 Oct 2023 01:23:](#)

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Blah. I am a toad.

Can I join you on that lily pod in the swamp for a few, mate? The icky drizzle's dripping down my neck.

Im Sorry to hear that .

The lily pod is a mere illusion of support - The real support is here.

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Re: Connecting the days

Posted by connected - 31 Oct 2023 14:49

[redfaced wrote on 31 Oct 2023 02:28:](#)

[chaimoigen wrote on 31 Oct 2023 01:23:](#)

Not to hijack your thread, but today for me been a sweeping panorama of grey blahness that makes brilig and the slithy toves look happy.

I contemplated doing stupid things but don't want to.

Blah. I am a toad.

Can I join you on that lily pod in the swamp for a few, mate? The icky drizzle's dripping down my neck.

Im Sorry to hear that .

The lily pod is a mere illusion of support - The real support is here.

Hey, chaimoigen, don't believe everything you read on the internet. The lily pod is very real, at least as real as the swamp itself.

And yes, you are welcome to join me whenever you feel the need (assuming I'm in the mood for company).

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Re: Connecting the days
Posted by connected - 31 Oct 2023 17:47

Before I indulge, can anyone remind me why I didn't till now?

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Re: Connecting the days
Posted by Trouble - 31 Oct 2023 17:58

sorry, i've been incognito, but as you can see here from my votes in the minority (fourth column, bottom country), i've been busy.....

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Re: Connecting the days
Posted by connected - 31 Oct 2023 19:02

[Trouble wrote on 31 Oct 2023 17:58:](#)

sorry, i've been incognito, but as you can see here from my votes in the minority (fourth column, bottom country), i've been busy.....

I've been toying with the idea of doing some incognito stuff myself.

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Re: Connecting the days

Posted by chancy - 31 Oct 2023 19:37

[connected wrote on 31 Oct 2023 19:02:](#)

[Trouble wrote on 31 Oct 2023 17:58:](#)

sorry, i've been incognito, but as you can see here from my votes in the minority (fourth column, bottom country), i've been busy.....

I've been toying with the idea of doing some incognito stuff myself.

Dear Connected,

Like Zeidy Biden said recently "If you are thiinking about it, I have one word and one word only, DONT, DONT, DONT.

Reason 1. You are a yid! and you have a very holy Nefesh, Ruach, Neshama and they are begging you not to hurt them!

Reason 2. You will sometimes in the future need to correct everything you do now, its such a waste to fix things that couldve been avoided in the first place.

Reason 3. We all love you and dont want you in pain after you give in for even a sec.

Reason 4. Just because the YH wants you to, (enter swear and curse words here)*****

I can go on forever.

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Re: Connecting the days

Posted by chancy - 31 Oct 2023 19:38

[Trouble wrote on 31 Oct 2023 17:58:](#)

sorry, i've been incognito, but as you can see here from my votes in the minority (fourth column, bottom country), i've been busy.....

Are you the minority whip?

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Re: Connecting the days

Posted by connected - 31 Oct 2023 20:25

[chancy wrote on 31 Oct 2023 19:37:](#)

Reason 1. You are a yid! and you have a very holy Nefesh, Ruach, Neshama and they are begging you not to hurt them!

I also have a body, and it's begging for attention.

Reason 2. You will sometimes in the future need to correct everything you do now, its such a waste to fix things that couldve been avoided in the first place.

Any idea when and what that might be? Because what I feel like doing is very clear and specific.

Reason 3. We all love you and dont want you in pain after you give in for even a sec.

I guess you'd rather me be in perpetual pain from not giving in. Besides, after giving in, I usually don't feel much pain, it's just good.

Reason 4. Just because the YH wants you to, (enter swear and curse words here)*****

I'm not sure I understand what's going on here.

I can go on forever.

Go for it!

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Re: Connecting the days

Posted by chaimoigen - 31 Oct 2023 22:40

[connected wrote on 31 Oct 2023 17:47:](#)

Before I indulge, can anyone remind me why I didn't till now?

Brother, you sound to me a little bit like G-d when He said:

???? ????? ??.....

I don't know that I could give an answer to your question.

But I notice that you seem to feel like asking this question. To me, that seems somewhat significant.

So maybe it might be prudent to wait until tomorrow to see if there's an answer waiting there...

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Re: Connecting the days

Posted by connected - 01 Nov 2023 16:52

Checking in for the sake of checking it.

On this day, I'm BH feeling a lot better than its predecessor.

Yesterday, whilst riding that terrible cloud, Trouble made a surprise appearance on my thread, and I remembered a line he said on a call of his some months ago.

It goes something like this:

"I have people say, 'I wanna act out!' so I say, 'Okay, I hear you. That's okay.' So they ask me, 'What "okay"? Are you saying that I should?' and I answer, 'I didn't say that. All I'm saying is that it's okay to want to act out. Wanting something doesn't mean that you need to do it.'"

Something along these lines.

Thanks, Trouble for the call, and thanks for gracing my thread.

Remembering the call reminded me of [Lchaim Tovim](#), who used to be a call guy and hasn't been around here for a while, so I tried waking him up. Let's see what happens.

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