

Enough being down

Posted by supremeone - 16 Aug 2022 14:22

Ok I am hoping people participate here, but if you don't that's cool.

Everyone is so down on themselves because they have this one issue and I do not think it serves anything by constantly drowning in sorrow.

Every day I will post something positive I achieved today, one regular and one in avodas hashem. Please feel free to contribute as well.

Today I got to Shacharis with a minyan nice and early and had a good Pesukei D'zimrah.

I have also crushed it at work, getting through another project.

I hope to hear other peoples positives stories! Remember you are a sum of many things, not just one thing!

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Re: Enough being down

Posted by Lchaim Tovim - 16 Aug 2022 17:35

Agree with this "Everyone is so down on themselves because they have this one issue and I do not think it serves anything by constantly drowning in sorrow"

At home this morning it was calm, no one got upset, no tension and everyone left with a smile.

In terms of Avodas Hashem...

Well I guess there's still the rest of the day

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Re: Enough being down
Posted by supremeone - 16 Aug 2022 19:43

Amazing! Do you know how rare it is to experience peace and calm! Focus on that and let it drive your day, even when it's a tumult.

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Re: Enough being down
Posted by Beitzah3 - 16 Aug 2022 21:10

Had a good bekius seder

Made good progress on a project

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Re: Enough being down
Posted by supremeone - 16 Aug 2022 22:00

Booyah! That's what I'm talking about! Solid! What masechta if you don't mind me asking? I'm doing avoda zarah. Did some solid chazara

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Re: Enough being down
Posted by Beitzah3 - 17 Aug 2022 00:17

Contrary to my username, gittin

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Re: Enough being down
Posted by future paltiel - 17 Aug 2022 00:39

was setting I front of an unfiltered computer. Started typing a few "key words" on Google.
Immediately closed before pressi g search.

Worked on the car.

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Re: Enough being down
Posted by Vehkam - 17 Aug 2022 00:40

spoiler alert! rabba is lei d'rava...

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Re: Enough being down
Posted by Vehkam - 17 Aug 2022 00:46

[Beitzah3 wrote on 17 Aug 2022 00:17:](#)

Contrary to my username, gittin

spoiler alert! rabba is lei d'rava...

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Re: Enough being down

Posted by supremeone - 17 Aug 2022 07:23

Nice Beitzah!

Future Paltiel that is good stuff. What kind of work did you need to do on the car?

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Re: Enough being down

Posted by eyes - 17 Aug 2022 09:38

Well you guys are awesome. That didnt happen for me. I googled some stuff and was able to get around my filter. The day is not done yet. BH I have been okay, for the rest of the day.

Usually I learn gemara RH which is really awesome. It keeps me focused. Today was a bit of, but I am IYH hoping for a better day tomorrow.

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Re: Enough being down

Posted by supremeone - 17 Aug 2022 11:44

Hey Eyes!

The point of this blog is not meant to talk about our challenges in that area.

What I want is for people to talk about the areas they are proud of.

So you learn Rosh Hashana? That's impressive. Who cares if you looked at something?

Torah is more important, focus on that. Give yourself a feeling of self worth and maybe you will actually see that your other issues are suddenly getting smaller and smaller.

The Chachamim famously said, "if you feel the yetzer harah, go and learn." Why?

I would like to suggest, the yetzer harah only has power when you give it power. Your body only has control over you if you think it does.

Torah is the only thing which truly has power, and only if you let it! So I say go learn.

IF you cant learn however, i say the next best thing is do something constructive. Read a book, go for a run, work out. Cook something. Why? First of all it is good to get your mind away from it, its like trying not to think about the pink elephant. The best way to stop thinking about the pink elephant is to stop thinking about the gray elephant. Its a mind trick, but you control it.

The other reason is because I have felt that the reason I spiral is because I feel worthless when engaging in pornographic material. I make it more than it is. I forget that I am the sum of many things.

I learn, daven, talk kindly to people. I read, love music, want to paint. I am on the whole pretty good. I have a small weakness as a man. I understand that weakness, but it does not define me.

So let us all focus on the good things we do and hopefully those good things will elevate us away from the bad. Guys try and post success stories liek learning, chessed, even giving a kind word to someone. I see enough of people saying they avoided looking at something or doing something. Focus on what good things you actively did.

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Re: Enough being down
Posted by supremeone - 17 Aug 2022 21:27

Now, here's my check in. I learnt again this evening, got through a tough daf with my

chavrusah.

I also finished another project at work.

Stay strong fellas, each and every day we get better and better.

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Re: Enough being down

Posted by supremeone - 18 Aug 2022 20:25

Ok, today was a little off. Started good, went to see a client and had a meeting. But I think I dehydrated and now feel a bit unwell. I'm going to read and go to sleep.

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Re: Enough being down

Posted by Vehkam - 18 Aug 2022 20:52

Feel better and don't forget to drink.

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