

ToAdd A journal

Posted by ToAdd - 29 Oct 2010 05:37

Today is the first day of a new journey.

Hashem, I have come to realise how weak I am in this area.

With tears in my eyes, I place myself in your loving hands.

Please don't turn away from me. Help me return to you.

Your servant.

Yosef.

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 07 Feb 2011 17:35

I empathize. I know the feeling..... :-\

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Re: ToAdd A journal

Posted by ToAdd - 08 Feb 2011 06:00

Didn't get much work done yesterday (or the whole of last week for that matter).

I am feeling a bit stronger today though.

I'm busy giving up another addiction too - coca cola. It's driving me a little mad.

I guess I'm worried about my future - I've hit a plateau in my career and there's no moving up without big changes.

When I was living alone, big risks weren't an issue. Now, I have a wife, daughter, house. Can't exactly take any big risks.

At least I know what the issues are now. I'm secure at the moment.

I'm starting something in my free time - hopefully I can make a business of that.

Back to SA - I've overcome some of my biggest issues lately - I CAN DO THIS!.

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Re: ToAdd A journal

Posted by ToAdd - 09 Feb 2011 08:01

Feeling far less conflicted today.

I'm still holding on to some images in my mind though, don't want to let go of my security blanket.

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Re: ToAdd A journal

Posted by ToAdd - 10 Feb 2011 05:42

Captains log, day 4 (again).

I'm back on track, trucking along.

I like this person I am right now.

So what changed? I ask myself.

Haven't been reading any seforim, no big revelations [sorry I can't spell apifomies].

No Elephants, no Possums,

Even got some news at work that things are going to be a bit more difficult.

I don't think I'm happier because I overcame temptation (well, I definately would be less happy if I acted out) - I think I overcame temptation because I am happier.

One thing I have done is clarify the career issue I had - perhaps that has settled my mind and released a bunch of stress.

Thank you Hashem, things are going well for me.

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Re: ToAdd A journal

Posted by ToAdd - 10 Feb 2011 05:52

Oh, and perhaps the withdrawal from giving up coke is subsiding.

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 10 Feb 2011 16:41

[ToAdd wrote on 10 Feb 2011 05:52:](#)

Oh, and perhaps the withdrawal from giving up coke is subsiding.

Wanna try some crack now? ;D

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Re: ToAdd A journal

Posted by oneday - 11 Feb 2011 05:17

Keep on going, Hashem has helped you thus far and thank him every day, hour, and moment clean!

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Re: ToAdd A journal

Posted by ToAdd - 11 Feb 2011 07:08

Thanks oneday

Wanna try some crack now?

I knew that was coming, the one time I don't add *cola*

I started listening to "Happy Wife" shiurim in the car. Some good stuff there

Thanks Hashem, for Everything.

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 13 Feb 2011 17:55

[ToAdd wrote on 11 Feb 2011 07:08:](#)

Wanna try some crack now?

I knew that was coming, the one time I don't add *cola*

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Re: ToAdd A journal

Posted by Eye.nonymous - 13 Feb 2011 20:09

[Yosef Hatzadik wrote on 10 Feb 2011 16:41:](#)

[ToAdd wrote on 10 Feb 2011 05:52:](#)

Oh, and perhaps the withdrawal from giving up coke is subsiding.

Wanna try some crack now? ;D
We realized that & didn't want to disappoint you.

I guess LSD is child's play. But, at least it gets Tefilas HaDerech.

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Re: ToAdd A journal

Posted by 1daat - 14 Feb 2011 02:50

Hey, ToAdd, I can't spell apiphonies either. In fact, whenever I have one, about fifteen minutes later I can't remember what it was. I'm leaving all epifonies to the wise guys here. I got enough trouble getting through today.

KOT

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Re: ToAdd A journal

Posted by ToAdd - 14 Feb 2011 08:02

Lol 1d. That's what I started a journal.

Today is day 8.

I think I've grown up a bit.

There are some things that 'normal' people get when growing up. I missed some of those things. I'm learning some of those things now.

Relationships need attention, affection and appreciation.

For me, these were laced with lust.

It is important that there is no lust in these areas, that just ruins it.

I think I'm ready for a normal relationship now...

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Re: ToAdd A journal

Posted by ZemirosShabbos - 14 Feb 2011 19:00

kutgw!

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Re: ToAdd A journal

Posted by ToAdd - 15 Feb 2011 06:27

sounds like you had an epiphany!

sounds like you had an epiphany!
I think I did, shortly after my post.

I have passive aggressive behaviour disorder.

Sounds to me like a fancy way of telling someone their funds are needed to keep the psychology industry going.

In short, I'm afraid to tell people how I feel, so I let my feelings out in other ways.

I'm going to work on that.

Hello World, I love you!

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