

ToAdd A journal

Posted by ToAdd - 29 Oct 2010 05:37

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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 ZemirosShabbos - 02 Mar 2011 19:17

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[ToAdd wrote on 02 Mar 2011 05:39:](#)

Just leave it in the past and put the truck into second gear...

good idea there..

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 02 Mar 2011 19:24

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or:

Just put the truck into second gear. Start/continue cruising. As long as you don't tie it down to

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Re: ToAdd A journal

Posted by ToAdd - 04 Mar 2011 05:27

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I found myself going totally off the rails for a while.

I don't even want to think about it, because that makes me think about 'it'  
the truckbed, it will fall off, or rather fly off!

Back into first gear. I didn't break down, didn't crash, just went of the road a bit.

Today is Friday, yay!

Good Shabbos Everyone!

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Re: ToAdd A journal

Posted by Rising Up - 04 Mar 2011 05:30

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A gut Shabbos to you!!!

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Re: ToAdd A journal

Posted by ToAdd - 08 Mar 2011 09:35

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I've been tumbling since my last post.

Looking at pn as if it were a normal thing to do.

Emotions have been high and that's probably what's been causing it.

I've also noticed that I seem to go downhill at the end of the month.

Just don't do it!

ToAdd

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Re: ToAdd A journal

Posted by ToAdd - 10 Mar 2011 08:42

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Not doing too well.

Battling to get out of neutral and into first gear.

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Re: ToAdd A journal

Posted by ZemirosShabbos - 10 Mar 2011 19:53

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i feel your pain ToAdd,

keep reaching out to people and to Hashem

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Re: ToAdd A journal

Posted by ToAdd - 11 Mar 2011 05:45

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I find that when I reach out to Hashem, it seldom gets easier, it usually gets harder.

Perhaps he's putting me in a position where I need to make an extra effort so that the victory is greater?

Well, I'm going to try cutting out ALL unnecessary internet. I'm sure that's what I did right in the beginning and it worked. It's just a waste of time anyway.

Gut Shabbos!

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Re: ToAdd A journal

Posted by fire - 16 Mar 2011 22:24

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great idea. the less u surf the web the better.. keep up the good work..

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Re: ToAdd A journal

Posted by ur-a-jew - 16 Mar 2011 23:43

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ToAdd it is always inspiring to read a thread like yours. Yes there are ups and downs but the constant theme is a yearning to be better and closer to Hashem. Hang in there and continued hatzlacha.

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Re: ToAdd A journal

Posted by ToAdd - 17 Mar 2011 09:24

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Thanks ur-a-jew.

Lots of ups and downs here, I didn't think any of it was inspiring.

What have I learnt from this recently?

That I turn to pn when I'm down. As I child I was not allowed to express my emotions, so I turned to myself for comfort.

Then there was a yearning. Initially, it was not for intimacy, just for affection. But, probably because of my m\* habit, I only tried to find 'intimacy'.

I had seen so many people for help. So many psychologists. What on earth do these people study that none of them ever managed to identify any of the actual issues? A profession based on getting the customer to come back, and for this they just need to make him feel better, never actually solving his problem or they lose their recurring income.

Or perhaps it's the patient that never truly opens up? Perhaps it's the dual personality, and the good guy comes out when you're in his secure office.

Purim – my 'party' is over.

Lots of thoughts going on in my head on this.

Maybe more on this later...

ToAdd

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Re: ToAdd A journal  
Posted by ur-a-jew - 17 Mar 2011 23:21

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If the goal is perfection maybe I would agree that its no so inspirational. But if the goal is as discussed in yesterday's chizzuk email a ratzon and a yearning to get closer to Hashem then it is very inspiring. Continued Hatzlacha

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Re: ToAdd A journal

Posted by ToAdd - 18 Mar 2011 06:07

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I don't get the chizzuk emails any more.

So I unsubscribed and re-subscribed - I get the email saying I'm on the list, odd.

I truly yearn to get closer to Hashem but sometimes I lose all focus, I forget that I'm not here just to satisfy my own selfish needs.

The small things add up so quickly. Like a snowball at the top of a mountain starting to roll...

I'm back in first gear. I think the wishes of Hatzlacha help. Thanks ur-a-jew

Hatzlacha to all.

Good Shabbos

Good Purim.

ToAdd

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Re: ToAdd A journal

Posted by ToAdd - 22 Mar 2011 07:34

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Sunday night I fell.

My mind is not in a good place.

I'm feeling down, angry.

I really can't do this to myself anymore.

Baby steps. You need to pick yourself up before you can walk and walk before you can run.

How do you truly start again? How do you heal?

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