GYE - Guard Your Eyes Generated: 2 August, 2025, 06:54

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 yehoshua - 14 Jun 2011 17:51
Another Pliskin fan. Great, made me smile too ;D
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Re: ToAdd A journal Posted by ToAdd - 15 Jun 2011 06:19
Day 11
Just checking in and reporting that I'm currently feeling strong, cheerful.
Can't really ask for more than that.

1/11

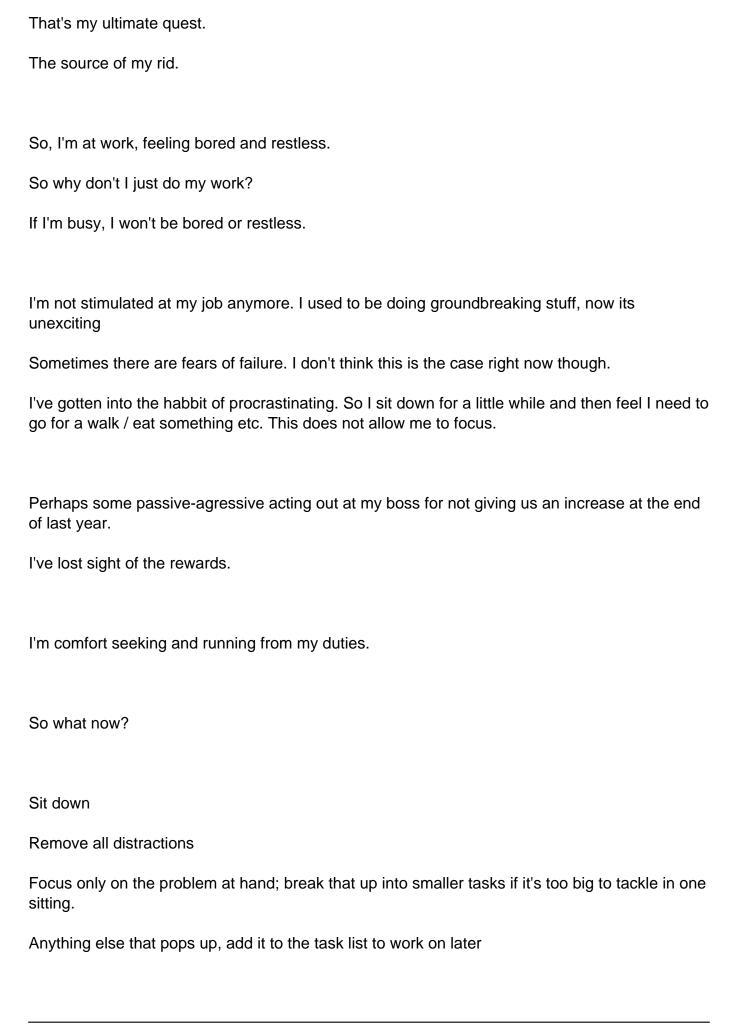
Okay, there are a million things one could ask for, but Hashem has provided me with everything I need, so all I can do is say thanks. And thanks to all the people here too. Even the small things help so much. Now, what can I do? ToAdd Re: ToAdd A journal Posted by ZemirosShabbos - 15 Jun 2011 15:55 great to hear you doing good! thanks for sharing Re: ToAdd A journal Posted by ToAdd - 17 Jun 2011 06:37 Thanks for popping in ZS What is it with me and Rosh Chodesh?

Working on my procrastination and its root: passive-agressive behaviour.

Feeling quite restless. I see the common causes for that are:
Anxiety
Boredom
hyperactivity
Disease
Drugs
I'm currently not anxious or sick. Thank God.
As for drugs - caffeine and sugar are the only ones and I'm trying to cut those out, so maybe withdrawl?
Boredom - I think half my brain is bored.
Hyperactivity - that's just the caffeine and sugar.
I need to exercise more.
I'm going to go for a walk. Burn some of this energy off.
ToAdd
Re: ToAdd A journal Posted by Eye.nonymous - 17 Jun 2011 09:12
ToAdd wrote on 17 Jun 2011 06:37:
Feeling quite restless. I see the common causes for that are:

Anxiety
Boredom
hyperactivity
Disease
Drugs
Most of the "causes" you wrote, I think, are actually just synonyms for restless.
Meaning, I would look a bit further to find the cause, what's behind THESE things.
Eye.
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Re: ToAdd A journal Posted by ToAdd - 21 Jun 2011 13:08
Re: ToAdd A journal
Re: ToAdd A journal Posted by ToAdd - 21 Jun 2011 13:08 Caught myself slipping, one innocent thing suddenly lead me onto youtube
Re: ToAdd A journal Posted by ToAdd - 21 Jun 2011 13:08 ———————————————————————————————————

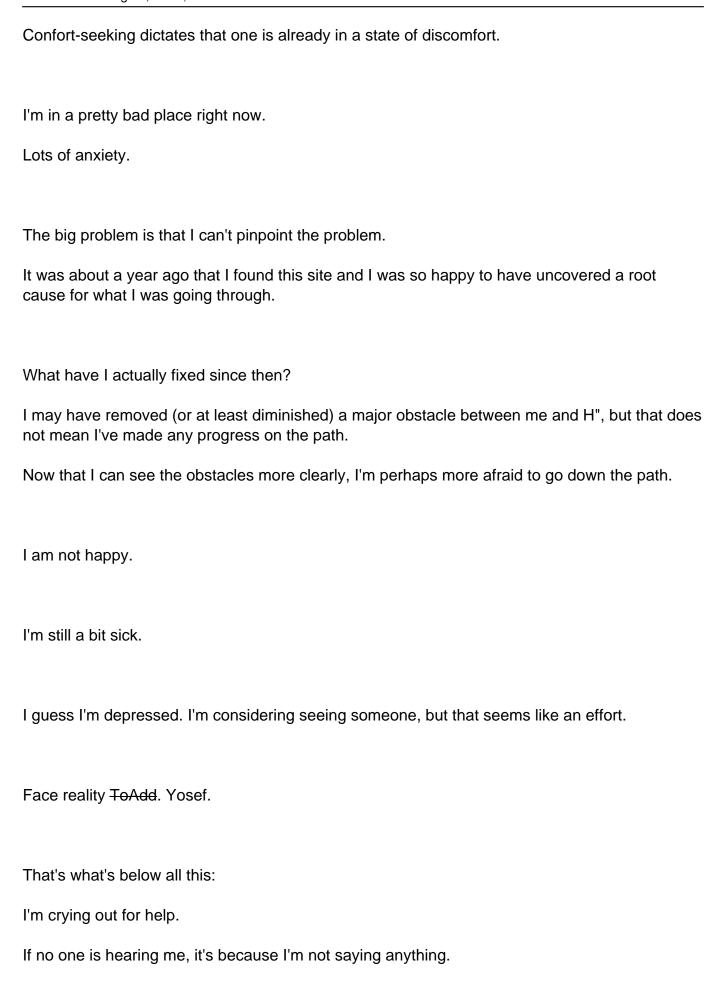
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If I work hard, then I'll deserve to get an increase at the end of the year, but I need to earn it. That'll do for now. I'll tackle home issues there - like setting time for H" and helping around the house more. Re: ToAdd A journal Posted by Eye.nonymous - 26 Jun 2011 05:13 ToAdd wrote on 21 Jun 2011 13:08: I'm comfort seeking and running from my duties. For me, I have found that a major source of RID is dis-comfort with myself, and with my situation. Wishing I were someone else, doing something else, somewhere else. The more I come to terms with my limitations, and with my reality the way it is, the more peace of mind I find overall. --Eye.

Re: ToAdd A journal

Posted by ToAdd - 28 Jun 2011 06:57



GYE - Guard Your Eyes Generated: 2 August, 2025, 06:54 Re: ToAdd A journal Posted by ToAdd - 30 Jun 2011 06:40 Yesterday got a bit difficult so I wandered around the forums for a while reading some posts. The few things I typed never made it - the ideas were very unclear but I think it helped me just getting them out my head. My lack of focus is causing my work to suffer I feel bad that i'm not getting things done, which causes a bigger lack of focus This is not rocket science, just do one thing, that'll help. Then move on to the next... Re: ToAdd A journal Posted by ben durdayah - 30 Jun 2011 09:15 I have nothing ToAdd to what you said. Just wanted you to know that somebody read what you wrote... Ε Re: ToAdd A journal Posted by ToAdd - 04 Jul 2011 13:50

ben durdayah wrote on 30 Jun 2011 09:15:

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GYE - Guard Your Eyes Generated: 2 August, 2025, 06:54 Re: ToAdd A journal Posted by ToAdd - 06 Jul 2011 08:08 I had a bit of a fall. Found myself following something and ended up looking at the wrong stuff for a while and battled to stop myself going back. Burying myself in work as a distraction...

Re: ToAdd A journal Posted by Eye.nonymous - 06 Jul 2011 13:29

Not easy to admit that.

Shkoyach,

--Eye.

Re: ToAdd A journal

Posted by Someone - 06 Jul 2011 14:38

I have very similar experiences as you sometimes. Restlessness, not being able to sleep at night etc. At the moment we are around the same amount of days "clean"... perhaps its a case of withdrawal? Sports... rigorous sports and less computer-time helps me most of the time.

Also, do you feel like there is a lack of a defined goal in your (work)life right now? Something that should be achieved by next week? Perhaps setting oneself the goal of going for a 3-5 (or whatever challenges you) km run in the next 3 days might distract oneself...

Of course, this doesn't address the root of the problem. I'm wondering about my, time and

EDIT: I checked, your probably around 10-15 days "ahead".

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again resurfacing RID too