GYE - Guard Your EyesGenerated: 13 September, 2025, 22:58

Posted by geshertzarmeod - 14 Feb 2011 09:48
I've started the teshuva process before, but never with the support of others. Even if no one is reading this, just the idea that I can post this somewhere is meaningful. One day at a time. So this is day 1. :-\
I think I need to check the attitude handbook.
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Re: Been there done that not really Posted by bardichev - 20 Feb 2011 07:19
Narrow bridge!
Verrzanno narrows brige
What's buggin ya that u are screaming
I'm here 4 u!!
В
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Re: Been there done that not really Posted by geshertzarmeod - 20 Feb 2011 07:26
Financial problems. I know I'm supposed to turn to Hashem and I do, but it isnt working. so I wanted to prove to myself that if there's someone out there who's listening (you) then Hashem's

Any how the scream was a release (a kosher release)
as opposed to the other kind listening too. After all you are his shaliach! that i used to use.
Thanks 4 being there bardichev!
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Re: Been there done that not really Posted by Yosef Hatzadik - 20 Feb 2011 16:54
geshertzarmeod wrote on 19 Feb 2011 18:53:
Leil shabbos I woke up at 2:35 AM
a very dangerous time not to be able to sleep
I thought to myself, what am I going to write on my log
If I blow it now,
so I got out of bed and did Parsha (2 mikra & 1 Targum)
for an hour, got tired and went back to sleep.
Impressive!
geshertzarmeod wrote on 19 Feb 2011 18:53:

And for anyone who is watching
you never know how much a word can help
Does this qualify?
Yosef Hatzadik wrote on 20 Feb 2011 16:54:
Impressive!
Improssive:
geshertzarmeod wrote on 19 Feb 2011 18:53:
gesnertzamieod wiote on 19 i eb 2011 io.55.
Zemiros, thanks for sticking with me. Its important to know that someone is paying attention,
We are!!!
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Re: Been there done that not really Posted by geshertzarmeod - 20 Feb 2011 17:22

Thank you Yosef! You're a real tzaddik! And only you and I know why!
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Re: Been there done that not really Posted by Yosef Hatzadik - 20 Feb 2011 17:49
We ALL know this to be true, though:
geshertzarmeod wrote on 20 Feb 2011 17:22:
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Re: Been there done that not really Posted by geshertzarmeod - 20 Feb 2011 17:50
;D;D;D;D;D;D;D;D;D;D;D;D;D;D;D;D;D;D;D
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Re: Been there done that not really Posted by geshertzarmeod - 21 Feb 2011 08:48
Do we have tools here in GYE for dealing with stress? I'm feeling all the same things that I usually feel when I'm stressed, minus the urge. Baruch Hashem I see that the connection here is hank you Zemiros! You're word is music to my ears in the bud, and that's dealing with the

is helping. But I can't rely on that I need to hip this thing in the bud, and that's dealing with the stress in a productive way instead of a destructive way. 7 days and going!

GYE - Guard Your Eyes Generated: 13 September, 2025, 22:58 Re: Been there done that... not really Posted by ZemirosShabbos - 21 Feb 2011 17:09 geshertzarmeod wrote on 21 Feb 2011 08:48: Do we have tools here in GYE for dealing with stress? Woodford Cholint recipes jokes corny jokes rambling speeches about the evils of industrialism roadkill skinning techniques posting posting posting did i mention that you can post on GYE? :D

Re: Been there done that... not really Posted by geshertzarmeod - 21 Feb 2011 18:42

Generated: 13 September, 2025, 22:58 posting? what's that? Re: Been there done that... not really Posted by ZemirosShabbos - 21 Feb 2011 18:48 not sure... here in the US they have a whole agency devoted to it www.usps.com ______ Re: Been there done that... not really Posted by geshertzarmeod - 21 Feb 2011 20:12 Re: Been there done that... not really Posted by geshertzarmeod - 21 Feb 2011 21:14 BH Made it thru another day. I must admit there is definitely something to this process. Things that I would have normally given in to due to stress, like not going to work, not going to learn, or not going to maariv, are easier to overcome. I feel like the YH has been weakened enough that I can listen to my Yetzer HaTov, more easily. Dont worry I'm not getting overconfident, just stating a feeling. I still need lots of help, and the hardest parts are yet to come Im sure. Re: Been there done that... not really Posted by ZemirosShabbos - 21 Feb 2011 21:17

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GYE - Guard Your Eyes Generated: 13 September, 2025, 22:58 great! when you are clean life is much much better in all respects keep on shteiging Re: Been there done that... not really Posted by Rising Up - 21 Feb 2011 21:44 geshertzarmeod wrote on 21 Feb 2011 21:14: BH Made it thru another day. I must admit there is definitely something to this process.