

Been there done that... not really

Posted by geshertzarmeod - 14 Feb 2011 09:48

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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

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Narrow bridge!

Verrzanno narrows brige

What's buggin ya that u are screaming

I'm here 4 u!!

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Re: Been there done that... not really

Posted by geshertzarmeod - 20 Feb 2011 07:26

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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

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[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!

[geshertzarmeod wrote on 19 Feb 2011 18:53:](#)

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

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 21 Feb 2011 17:09

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[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

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

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posting? what's that?

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 21 Feb 2011 18:48

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not sure...

here in the US they have a whole agency devoted to it

[www.usps.com](http://www.usps.com)

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Re: Been there done that... not really  
Posted by geshertzarmeod - 21 Feb 2011 20:12

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Re: Been there done that... not really  
Posted by geshertzarmeod - 21 Feb 2011 21:14

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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.

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Re: Been there done that... not really  
Posted by ZemirosShabbos - 21 Feb 2011 21:17

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great!

when you are clean life is much much better in all respects

keep on shteiging

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Re: Been there done that... not really

Posted by Rising Up - 21 Feb 2011 21:44

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[geshertzarmeod wrote on 21 Feb 2011 21:14:](#)

BH Made it thru another day. I must admit there is definitely something to this process.

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