

Kaneshher's sanity break

Posted by kaneshher - 18 Jul 2010 06:59

I had a horrible shabbos. I was actually doing well, and had a bad shabbos. Bad, with a capital B.

Funny, I thought I could control this. Back to square one? I guess I can't. Step one, that is.

Well, anyway, I'll try to be blunt about me guts here.

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Re: Kaneshher's sanity break

Posted by kaneshher - 27 Jul 2010 19:13

Today an odd comment by wife about another woman set me off. It's funny, the silly things that I find triggering. Anything to do with tzinius, I search for details. Sick, really. I had a great day , actually, but now I find myself slipping into aimlessness. Plans didn't work out; babysitter didn't show up. SO I was going to run to my drug of choice. Not sure how it would have helped. Instead, I am telling you guys. My house is dirty, too , and that makes my feel disoriented.

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Re: Kaneshher's sanity break

Posted by ur-a-jew - 27 Jul 2010 19:21

Kaneshher, thanks for reaching out.

[kaneshher wrote on 27 Jul 2010 19:13:](#)

My house is dirty, too , and that makes my feel disoriented.

Since you seem to have some time to spare (hence the acting out) from one married man to another I would suggest you pitch in and clean the house. You'll get yourself reoriented and have a happy wife to boot.

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Re: Kaneshher's sanity break

Posted by the.guard - 27 Jul 2010 20:01

Ah, aimlessness. The mother of addiction.

Take a walk around the block or clean the house...

Easier said than done.

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Re: Kaneshher's sanity break

Posted by Dov - 03 Aug 2010 04:31

Dear R Yosef,

Please excuse my french, but how about just cleaning *one* damn room in the damn #%\$@&!! **house**?!

PS. Wow! Guard!! I typed d-a-m-n, but you've apparently got some kind of filter converterizer that changes it to "dang" every time! I am tempted to try other naughty words out - but I will not, because it's not safe and my sobriety is just too precious to risk it on fun and games.

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Re: Kaneshher's sanity break

Posted by Dov - 26 Aug 2010 11:50

- you fall off the planet or somethin?

Halooo?

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