

Feeling the urge, so I am logging in!  
Posted by longbeach - 28 Aug 2011 17:56

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Lots of pressure, house full of guests (some easy some difficult) not a moment to myself as they take refuge from hurricane and power outages (WHY don't some of these people know ANYTHING about derech erez? ... and these are my friends!).

Now that the crowd has gotten smaller, I go to check my email, etc, and I am drawn to places I should not go online. So, instead I am here to vent, to express, to decompress. I really see that a lot of it is about escapism! (Like many addictions (all?)) and I am glad I can just take some time to post here until the urge passes.

I think I just need to decompress and relax. Maybe take in a movie, read a book, get some exercise, maybe a nap. If I am ranting it is because I hope to reflect at this time and move away from the urge to log on, look in, get lost and flush my success down the intertoilet.

I am on day 8. "Eight are the days of a bris," as we sing at the Seder. May I have the strength to guard the covenant and relationship I have with the Ribono shel 'Olam!

I am already breathing a little easier. Thanks, everyone, for eing ther for me!

Stay safe!

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Re: Feeling the urge, so I am logging in!  
Posted by mechazek - 28 Aug 2011 18:07

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It was a honor to read your post.you seem very intouch and real,kol hakavod lach

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Re: Feeling the urge, so I am logging in!  
Posted by JackAbbey - 28 Aug 2011 20:48

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you made it to eight, you can make it to nine

just move the shift if your truck into DRIVE and dont reverse, not today

ask our dady he will help you, the same as he allways helps all of us here

the hurricane has an EYE where over there its quiet

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Re: Feeling the urge, so I am logging in!  
Posted by longbeach - 29 Aug 2011 01:56

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Thanks to both of you. That is why I came in to "report." Better to discuss it, think about it than to go the wrong road. Day nine, here I come!

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Re: Feeling the urge, so I am logging in!  
Posted by mechazek - 29 Aug 2011 06:03

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vonderful!!!!

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Re: Feeling the urge, so I am logging in!  
Posted by gothika - 29 Aug 2011 20:13

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[longbeach wrote on 28 Aug 2011 17:56:](#)

, get some exercise,

Do this one. Always when in doubt exercise, you can't act out if your passed out from sheer exhaustion 8)

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