

i'm back... kinda

Posted by 5770 - 04 Sep 2012 16:33

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hi everyone, after a long descent into p%%n, anger, blame, excessive eating etc i am ready to fix things and get on track.

my yiddishkeit has taken a huge dive. my health is not good (too much food, no excercise) and my p@@@ intake is no longer occasional (not that I think occasional is acceptable....)

basically i am looking for tips to get restarted.

a few years back I did so well on this forum! Now... not so much

please let me know if you can help. my rov has all but given up on me, we no longer learn anymore and he's stopped asking me to make our minyan anymore. I think i need daily check-in points, someone different who can spare a few minutes a day PMing me. Not sure... i need something.

need to change things.

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Re: i'm back... kinda

Posted by rt - 05 Sep 2012 11:15

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Shalom Alecha reb Yid!

Would you tell your story again? I am quite new.

hatzlocho!

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Re: i'm back... kinda

Posted by DesertLion - 05 Sep 2012 21:15

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i'd be happy to reply to emails anytime.

BW

DL

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Re: i'm back... kinda

Posted by nederman - 06 Sep 2012 02:54

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Try reading Feeling Good by David Burns.

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Re: i'm back... kinda

Posted by silentbattle - 19 Sep 2012 04:59

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Welcome back, brother. I've been gone a while, too - feel free to PM me, it would be great to stay in touch and encourage each other.

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