

Feeling let down after R"H?

Posted by Momo - 21 Sep 2009 12:21

Hi,

If you are still feeling great after R"H, that's super, and this is not the place for you.

Are you feeling the hum drum of regular life already? Especially if you're back at work and facing the same challenges as before R"H.

Do you feel like you've changed in shul but back to the same person once you've stepped into your office?

How do you deal with it?

Are you bored, upset, grumpy?

Let's kvetch together, or get/give some chizuk!

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Re: Feeling let down after R"H?

Posted by the.guard - 21 Sep 2009 13:00

I can totally relate, from ***past years...***

...

Maybe you should start a website too, like LKT ;D

(800 points for that one!)

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Re: Feeling let down after R"H?
Posted by Me3 - 21 Sep 2009 13:11

Just for the record, I have the answer, but in the spirit of achdus I'm not saying to give TrYing the opportunity to get some points.

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Re: Feeling let down after R"H?
Posted by 7yipol - 21 Sep 2009 13:19

Sorry tRyInG, I need points too.

Besides, I plan to be president

LKT = Lets Kvetch Together

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Re: Feeling let down after R"H?
Posted by jerusalemsexaddict - 21 Sep 2009 13:23

stealing after rosh hashana mom?!

from your own daughter?!

:O

and moms dont need points

they give out prizes.

-uri

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1000 points get brownies baked special by mom

Re: Feeling let down after R"H?

Posted by the.guard - 21 Sep 2009 13:28

Testimonial of the Day:

Ever since LKT entered my life, I can finally kvetch to my hearts content! I owe a tremendous debt of gratitude to Rabbeinu Momo.

~~p.s. welcome back~~

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Re: Feeling let down after R"H?

Posted by Me3 - 21 Sep 2009 13:41

But I guess Mom also needs to catch up. I'll let it go this time.

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Re: Feeling let down after R"H?

Posted by Rage AT Machine - 21 Sep 2009 13:45

[Uri wrote on 21 Sep 2009 13:23:](#)

if it were special brownies baked by mom, instead, id compete...

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1000 points get brownies baked special by mom

Re: Feeling let down after R"H?
Posted by Momo - 21 Sep 2009 13:54

There's no kvetching going on!

I'm happy to hear everyone's still on a high from R"H and nobody's slipped since then (except
:')

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Re: Feeling let down after R"H?
Posted by Rage AT Machine - 21 Sep 2009 14:00

[Momo wrote on 21 Sep 2009 13:54:](#)

still on a high from R"H

was that a reference to what i said?

momo, forget the past, which includes yesterday...work on today, on this hour...dont let your addiction get you down...instead, you need to decide that you will take a stand against it...to do so you will need strength, resolve and in my case, a fist clenched in rage...but you dont need sadness or depression...that will only make it harder...one day at a time...

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Re: Feeling let down after R"H?

Posted by jerusalemsexaddict - 21 Sep 2009 14:10

i didnt have to worry about falling from any highs cause i kept myself in a chilled place the past few days.

Some ravings about LKT*....

"Before I found LKT,I would always drive my husband and children crazy with my kvetching!Thanks to LKT,I did not get divorced,and my shalom bayis has improved tremendously." -yiddishe mama

"LKT is fantastic"-New York Times

"Without LKT,I don't know where I would be today" - Hillary Clinton

"Thanks to LKT,my wife hasn't bothered me once in the past week with her annoying kvetching.Thank you LKT!" -Binyamin Netanyahu

"LKT is the second greatest web forum out there these days!" - Guard

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Re: Feeling let down after R"H?

Posted by Rage AT Machine - 21 Sep 2009 14:20

I came upon LKT site last Friday. Truth be told I was googling "frum rage" when this came up. I was not looking for anything like this. I first browsed this site with a mix of curiosity and contempt. Like many here, I have been kvetching(and often not kvetching at all) for over 15 years. I tried all sorts of ways out and nothing worked. At first browse, I was pretty convinced that this site will not work - certainly not for me.

I see myself as different than others here. I am not at all like Uri or Momo, god bless them, with their "this is so hard" this and "i hate my life" that. I see myself more grounded. I will never complain with Hebrew words in an English sentence intentionally and will absolutely never kvetch in Yiddish at all. So I saw this site as a place for kvetchy snow flakes. Kvetchy snow flakes who kvetch. I am not a snowflake and I don't kvetch.

But there is something very real here; I sense that now, and I want this to work (- and I need your help, you kvetchers!). I have been kvetching since Friday, which is pretty insignificant for most people but for me is nothing short of a miracle. I cannot fathom 90 days straight of kvetching. I can't even imagine 30. The addiction simply has too tight a grip on me. (another kvetch!) Instead, I will work on 8.

Days 1-7 have been absolutely torturous. I pray this gets easier at some point

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Re: Feeling let down after R"H?

Posted by jerusalemsexaddict - 21 Sep 2009 14:31

Rage its completely normal to experience withdrawal symptoms in the first week or 2.

Just stay strong my friend.

You have a strong group of friends here holding your hand.

Just make a red line;i.e. i will only kvetch this(fill in the blank yourself) much,and no matter what,do not pass this limit.

We are hear for you man.

Did you read through the kvetch handbooks yet?

Print them out and read somewhere privately so noone knows about your issue,if youre insecure.

Mostly women deal with this,but we are making a men's wall of honor shortly iy'h.

All the best

-a fellow snowflake

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Re: Feeling let down after R"H?

Posted by 7yipol - 21 Sep 2009 14:37

Just remember:work the 12 steps and stick around with us and youll be fine
[Rage AT Machine wrote on 21 Sep 2009 13:45:](#)

[Uri wrote on 21 Sep 2009 13:23:](#)

if it were special brownies baked by mom, instead, id compete...

No you wouldnt RATM; you may feel compelled to thank your Tatte in Shamayim after tasting them!

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Re: Feeling let down after R"H?
Posted by the.guard - 21 Sep 2009 14:37

Download the Kvetchbooks here:

[The LKT Handbook](#) - 18 tools, progressively kvetch oriented.

[The Kvetch Attitude](#) - Get into the right attitude to kvetch in no time!

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