

Challenged

Posted by Tosfos - 05 Jan 2014 12:04

So here I am... up late enough on Motzai Shabbos that I don't even want to look at the computer's clock to see what time it is!

I know this is stupid... but I am a sports fan, specifically a Philadelphia Eagles fan... and the team just lost a heartbreaking game tonight in the playoffs, and their season is over.

Between being very disappointed at the loss and having gotten a good nap on Shabbos afternoon, I haven't been able to fall asleep... and since I tried going to sleep, I've been getting some of my old temptations coming back into mind. B"H, I don't think I've slipped too badly, but I definitely recognize this as a test... and that's why I thought to come and post here, even though it's X:XX am!

I will say this on the positive side, I found myself thinking a few minutes ago that I could go back into my fantasy world, but that the real world, with it's "boringness" and "heartbreak" (for *real* heartbreak see the story about Menachem Stark, Hy"d) is much better and actually attractive to me, b"H!

Alright - I think I've gotten the point across.

Bli neder, I plan to check back in on this thread within 36 hours to let everyone know how things went the rest of this night.

Gut vach.

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Re: Challenged

Posted by cordnoy - 05 Jan 2014 12:13

at least you made it to da playoffs!

you guys screwed up our chance as well!

dat's why I was rootin for da saints today.

hope da 49ers give it to dem packers tomorrow!

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Re: Challenged

Posted by JordanBloom - 05 Jan 2014 14:30

Kol Hakavod - motzai shabbat after a nap during the day, motzei anything for that matter, are always the toughest, i think this was the first year in 10+ i made it through Motzei Y"K, though I didnt last long - great you came here to put yourself in a "safe place" - sorry about your eagles, I am in E"Y and went to sleep at 1 am with KC up a ton and they found a way to lose, we live in an Olam Hafuch mamish - my team didnt even sniff the playoffs

keep up the good work and keep us posted friend.

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Re: Challenged

Posted by Imperfection - 05 Jan 2014 21:08

When I was single, I always remember that Moztaei Shabbes was the worst time!

At one point, I would literally run out the house to the the Beis Hamidrash to learn. I had to get a key since I was the only one there.

This did not solve my problem completely but now I see that when I made the effort then Hashem would come to my aid!

SO keep on trying!

Every bit helps!

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Re: Challenged

Posted by SIB101854 - 05 Jan 2014 23:45

Sorry about the Eagles-even though I am a diehard Giant fan-when the score was 20-7 , I decided that it was "turn out the lights, the party's over" time, to quote the late Don Meredith. I would suggest that you moderate the Shabbos afternoon nap-if you sleep too much, you won't be able to fall asleep at a normal time, and you will be tempted to watch pron and masturbate.

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Re: Challenged

Posted by Tosfos - 06 Jan 2014 19:52

Rabosai,

Here's the follow-up... B"H, I was able to fall asleep a bit before 3 am, and then was able to sleep in... thanks to my wife for letting me! B"H, I didn't fall, although I have a vague feeling like I have gone down in madreiga and have to work to get back up again, be"H.

As for Shabbos naps, I am aware of the problem of getting to much of a nap on Shabbos afternoon, which then causes insomnia on Motzai Shabbos. In this case, I slept @ 45 minutes, and woke up by @ 2:30 pm... usually, keeping the nap under an hour and waking up by 3 pm is enough for me to avoid problems sleeping M"S, but I guess this time it was just meant to be!

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Re: Challenged

Posted by cordnoy - 06 Jan 2014 21:22

at least the packers lost...thank God!

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Re: Challenged

Posted by cordnoy - 07 Jan 2014 01:14

just a public apology, for not responding to tosfos in the smartest manner.

he was down about the eagles and I kinda poured it on.

it was wrong and i apologize.

i will not root for the eagles next year, but perhaps if they are plain da cowboys and the bears are anyway out (which will probably happen), i will go for them!

sorry again

and glad, excited and elated that you pulled thru.

b'hatzlachah

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Re: Challenged

Posted by MBJ - 07 Jan 2014 19:11

I am a Giants fan, so I can easily say that I am happy the Eagle lost. I would still willing to be friends with Tosfos even if he is an Eagles fan, though it would be painful.

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Re: Challenged

Posted by Tosfos - 07 Jan 2014 19:45

[MBJ wrote:](#)

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Re: Challenged

Posted by kilochalu - 08 Jan 2014 04:08

Rav Nosson Vachtfogel once commented on the phenomenon of how much kochos mankind invests in competitive sports and the hard to explain tremendous satisfaction or the opposite of our team winning or losing. He said that it comes from the deeply ingrained koach that a person has to want to fight against the "other team" and to be menatzeyach the yetzer hora. Hashem should help us all make it to the superbowl/world series and we should continue using whatever

stategies we can to win one game at a time.

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