

Maccabee's War

Posted by Maccabee - 30 May 2010 03:21

Alright hopefully the post name will in itself give me a little chizuk. Shabbos in general was terrible and I fell more than once, however mincha time I gave over by heart to someone in the community a long drasha which I had learnt a week before shavuos and still remembered clearly B"H. So I'm on a bit of a low right now particularly because everytime it's on shabbos it usually involves breaking it which kills me. So right now I'm in a lot of pain and I'm calling out to you my dear friends to help me through this.

I joined a phone conference this week and some interesting things were discussed but nothing which has helped yet. I know I'm doing something wrong but it's so hard to pinpoint where to start. HELP!!!!!!!!!!

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Re: Maccabee's War

Posted by Yosef Hatzadik - 24 Jan 2011 19:35

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Re: Maccabee's War

Posted by Maccabee - 24 Jan 2011 19:52

@YH2: In the process.

In other news...I just read today's (or yesterday's) chizuk e-mail and noticed something interesting based on what Dov wrote. I'll basically sum up what I got out of it. I (would) get anxious whenever I start feeling a little bit triggered because my brain would start thinking "Uh oh! Here we go again! We know this is going to end bad with me acting out! We're screwed!" Now I realize that this is not necessarily the case. Not so! So what? I got triggered? Who cares! I don't have to act out. I have another option. I can call someone. I can release my stress or discomfort by calling someone else, or by writing it down. It's not a one way road. I have a choice!

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Re: Maccabee's War

Posted by silentbattle - 25 Jan 2011 05:11

That is excellent! Realizing that you don't have to follow the same old script is incredibly powerful!

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Re: Maccabee's War

Posted by Maccabee - 25 Jan 2011 17:17

Working on putting a filter on right now. Then maybe I'll invest in some accountability. Hopefully

By the way, what is on EBD's avatar? A rat? I would have pictured a mountain or something...

Let's see what I can find for myself.

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Re: Maccabee's War

Posted by Yosef Hatzadik - 25 Jan 2011 17:21

That avatar should be a possum. :o

I recall seeing that GYE members can get the group rate on accountability. (I will look for it now.)
I'll get good return. I'm thinking 300 percent?

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Re: Maccabee's War

Posted by Maccabee - 25 Jan 2011 17:23

How do I get three squares next to my name?

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Re: Maccabee's War

Posted by ben durdayah - 25 Jan 2011 17:34

I actually did think about mountains, as in Harim Bakshu Alai Rachamim...

Maybe I should takke do that, instead of a shertz'l.

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Re: Maccabee's War

Posted by Maccabee - 25 Jan 2011 17:39

Did somebody say 'possum?

right... :D otherwise u don't stand a chance against SB's ninja

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Re: Maccabee's War

Posted by ben durdayah - 25 Jan 2011 17:43

Listen Mac,

I know when I'm out of my league.

Even if I'd be a man-mountain I wouldn't take on SB's ninja.

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Re: Maccabee's War

Posted by Maccabee - 25 Jan 2011 17:47

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Re: Maccabee's War

Posted by Maccabee - 26 Jan 2011 01:30

Okay, bhashgocha protis I stumbled across a thread from a year and a half ago which had a few long posts about the connection between ADHD and Addiction. I was diagnosed with ADD when I was 11. I realized now that maybe I should start paying just a drop more attention to it, because of how vital it could be in my recovery.

In other news, I'm still trying to get a filter on. I'm sort of not going to my fullest to get it filtered. I'm not trying my best.
:D well then maybe you can tell me how to upload an avatar so I can join the leagues.

Now that I posted this, I will.

Bye.

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Re: Maccabee's War

Posted by Dov - 26 Jan 2011 02:14

)up, Maccabee. You are not alone.

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Re: Maccabee's War

Posted by silentbattle - 26 Jan 2011 18:48

Your fans are ADD-ing (

There should be an option for uploading an avatar in your profile...

And the little boxes are (I think) related to how many posts and levels you've gotten.

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Re: Maccabee's War

Posted by ben durdayah - 26 Jan 2011 19:12

Hey - I'm a pacifistic Ninja! >

[silentbattle wrote on 26 Jan 2011 18:48:](#)

Wow! that's spooky, it says on your profile "Married", and my mother always said that the kids will get rid of the pacifier by the time they get married. I'd better see if there's some sort of solution on line...

Hey Mac!!!

How'sit?

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