

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 - 26 Jan 2011 20:29

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

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

These boxes have been questioned extensively for years! There have been no satisfactory answers .

The member status is based on the number of posts. A Newbie moves up at 50 posts, etc.

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Re: Maccabee's War

Posted by Maccabee - 26 Jan 2011 22:19

Small update. I got a call back from the guy in charge of the closest SA meeting in my area. It's like a half hour away. He said that there was no one from close to my town who would be able

At the rate I'm going looks like I'll have to invest in a car

Hopefully someone else in the area will recognize his problem and decide to work on the issue. Till then it looks like I'm stuck with phone groups and you guys. :D

Just kidding! You guys are AWESOME!!

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to give me a ride to the meetings.

Re: Maccabee's War

soon
Posted by Maccabee - 27 Jan 2011 06:09

OK so I got a few responses from people saying that I don't really need to go to live SA meetings except as a last resort. A couple comments: 1) My logic in many situations has been that I'm going to end up needing the last resort method just because that's who I am so I may as well cut to the chase and do it now. That's what got me to open up to my Rebbe which was very helpful to me. (Which is curious because even though he didn't have much advice to give on the subject, the fact that I opened up to someone was helpful in its own right towards breaking me and hitting bottom and facing myself.)

2) When I first was told that I basically had no way of getting to a live SA meeting I was a bit bummed because I really wanted to go. I feel they could really help. When I got those responses I realized that I'm trying to run the show over here. Apparently Hashem agreed with you guys and felt that it's not a good idea (yet?) for me. I was getting upset because I wanted to go, Hashem had other plans. I'll stick with his. Thanks E!

Sober today. I spent most of the afternoon reading on the forum and posting a little. Got a couple things done that I wanted to, however I didn't learn all the things I wanted to and didn't exercise today which I noticed really gives me a bit of a boost, because I spent so much time on the forum. So I'm going to bed feeling happy (thankful?) that I am sober but disappointed that I didn't do everything I wanted to. I know conflicting emotions are normal but these make me feel really giddy. I need sleep. Good night!

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Re: Maccabee's War

Posted by silentbattle - 27 Jan 2011 07:19

From what i hear, the phone groups are supposed to be truly fantastic. I'd go for those - if you stick with that, I don't think you'll regret it, I've seen a lot of people here who committed to them, and really grew a lot!

Therapy is expensive in general, and good therapy is even more expensive. Be very careful, please- while I am a big proponent of therapy, there are many therapists that are NOT good. Not only can you end up not being helped, it can actually hurt. Make sure you find someone that has been referred by reliable people, preferably professionals. If you'd like to PM me, I might be able to offer suggestions.

However, if you can't afford therapy right now, the phone groups are still a great option.

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Re: Maccabee's War

Posted by Maccabee - 27 Jan 2011 18:28

I'm on Dov's phone group now. Also I did go to one therapist while at home over the summer. She was very good. Then I tried getting another therapist for when I was in yeshiva but she really turned out to be more of a fraud type. So as of now, all I have is the GYE forum and all it's

I'm wondering if I need to do more introspection and think more about these life-lessons that I get from day-to-day experiences, or should I focus now on just staying sober and the rest will come gradually. I was speaking to a mashgiach yesterday in yeshiva and he quoted to me what we say every morning in shachris: "Leolam yehei Odom" only after "Odom" do we say "Yerei shomayim". First we have to become human beings, normal mature people, then we can start worrying about being a yerei shomayim.

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Re: Maccabee's War

Posted by silentbattle - 27 Jan 2011 20:03

That's an interesting point!

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Re: Maccabee's War

Posted by Maccabee - 27 Jan 2011 21:06

. My K9 has completely locked down my computer.
The internet just doesn't work. Like the whole K9 just crashed. Nothing works.

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Re: Maccabee's War

Posted by ben durdayah - 27 Jan 2011 22:52

Oy! That's lchychy!

My sincerest empathy.

Hope things work out,
OK I am getting REALLY FRUSTRATED >

E

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Re: Maccabee's War

Posted by Maccabee - 28 Jan 2011 03:23

OK, using someone's netbook to post this and see whats going on while I wait to sort out my computer's problems. We were able to go to all measures to get our fix I should be able to go to all measures to get out and post. Man these netbooks are ^{tiny}! My hands barely fit on the keyboard. Either way I just wanted to make a disclaimer. I wasn't serious about going to get a car just to go to meetings. I just have this inherent feeling that a few of you were getting worried.

My day otherwise has been good. Spoke to a couple people from the forum and got some learning done. I really need some help, or rather help myself, in regards to time management. Any ideas are appreciated.

Hopefully I'll get my computer up and running soon. In the meantime I'll mention a feeling and thought that I had while dealing with my misbehaving computer. I started getting very frustrated about it. I can't say that i performed marvelously considering the circumstance and in retrospect I could have done a lot better. But I started thinking that right now, my computer isn't working, Hashem obviously doesn't want me using the computer right now. My proof is that the only guy who could uninstall my filter and try to get it working again is not available. What I should have done was make up a time when he would be able to help me and move on to other things that I want/need to accomplish in the meantime. What I did was repeatedly try to restart the computer and look through the troubleshooting for the filter numerous times. Then when that didn't work I tried hacking into my computer and restarting the filter manually. Apparently I'm not as computer . (Sorry, it was the) Then I went to someone else's computer and posted my cry above in the middle of the afternoon. Then I davened mincha because I knew I wouldn't gain anything Basically an unproductive day when Hashem wanted me to really not get distracted today and rather focus on Him. I feel sort of bleh.

Man my fingers are cramped!

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Re: Maccabee's War

Posted by ben durdayah - 28 Jan 2011 08:53

I dunno...

Sounds gevaldig!

You are starting (or continuing) to look at everything through Hashem tinted glasses!

That's incredible!

Git Shabbos,

EBD

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Re: Maccabee's War

Posted by Maccabee - 28 Jan 2011 19:11

Just a thought I had today. It may not be written very clearly and I apologize. I thank SG for helping me realize this.

I was reading about an approach towards teaching children and one of the suggested methods of taking control was by giving the child choices to make decisions of their own so that when the parent asks the child to do something that the parent wants and the child refuses, the parent will have what to draw on. The parent can tell the child look how many decisions you have made, now it's my turn.

Similarly when dealing with reaching out to people when I feel stressed or feel like I'm slipping. At the beginning it was very difficult to reach out to people even though I had phone numbers and people who were willing to listen to me. Often I would feel bad afterward that I hadn't reached out. Then I began to start contacting people on my phone list just to speak to them. Independent of whether I felt like I was slipping or not. Just to build up a relationship with them. I realized that just like to deal with a child you need to build up a deposit account that you can draw on when you need to have them listen similarly when reaching out. It is very difficult to reach out to someone who you only know as someone who also struggles. Otherwise you are total strangers. On the other hand when you build up a relationship with the other person it is

much easier to call in a time of struggle because then it is two friends who struggle with similar things and are helping each other out.

Good Shabbos everyone!

You too E!

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Re: Maccabee's War

Posted by silentbattle - 30 Jan 2011 06:46

Very true. The only thing I would add is that yo're not building up an account to withdraw from. When you build a friendship with someone, they're happy to help you out. You don't have to worry about running out of credit.

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Re: Maccabee's War

Posted by Yosef Hatzadik - 30 Jan 2011 16:48

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Re: Maccabee's War

Posted by Maccabee - 30 Jan 2011 17:30

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