

Wife Upstate !!!!!

Posted by Moshew - 22 Jun 2010 21:09

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Any tips to help pass the time and stay on the wagon? The summer months can be very dangerous especially for those whose families go up to the Catskills. *B'H* I am going into my first post Dovid Chaim Clean Summer and I want it to stay that way. I will need all the help and support I can get especially in the evening when I am in the office alone (that has traditionally been my weakest moment).

There is always Bardy's option of drinking myself into a stupor with old Woddford each evening

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Re: Wife Upstate !!!!!

Posted by yedidya aleph - 22 Jun 2010 21:43

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o.k. there should be a whole thread on this topic. Please feel free to be in touch with me my e-mail address is: [yedidyaaleph@hotmail.com](mailto:yedidyaaleph@hotmail.com)

maybe an new evening phone meeting like after 5pm Eastern time?

I definitely identify with this problem even though Baruch Hashem my wife and family are not away.... being in the office alone on the computer is a slippery slope!! but that will "open the bottle" to a whole new set of issues.

heard from 12 step program H A L T

meaning avoid getting to hungry, angry, lonely, and tired.

seems to me that a lot of us r feeling unfulfilled in our current relationships and r yearning to connect in a healthy loving way to other like us.

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Re: Wife Upstate !!!!!

Posted by Moshew - 23 Jun 2010 19:13

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At least one person cares, I will email you tomorrow.

Anyone else?

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Re: Wife Upstate !!!!!

Posted by teenagehelp - 23 Jun 2010 20:32

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i find that for me, doing physical exercise is a great way to keep my mind occupied, despite the fact that i am a rather inactive, just-out-of-high-school kid on summer vacation. Go for a walk while listening to a shiur, find a place to shoot some hoops, go bowling (with the kids) etc. maybe its just a teenage thing about being active, but i know it works for others.

just an idea.

whatever you choose to do, hatzlacho!

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Re: Wife Upstate !!!!!

Posted by Ineedhelp!! - 23 Jun 2010 20:36

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[yedidya aleph wrote on 22 Jun 2010 21:43:](#)

maybe an new evening phone meeting like after 5pm Eastern time?

Now there's an idea! Not just for this issue but for addicition in general. Question is how to start one without someone to moderate....

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Re: Wife Upstate !!!!!

Posted by yedidya aleph - 23 Jun 2010 22:34

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anybody else interested? whe is available to moerate?

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Re: Wife Upstate !!!!!

Posted by david712 - 24 Jun 2010 17:40

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[yedidya aleph wrote on 22 Jun 2010 21:43:](#)

maybe an new evening phone meeting like after 5pm Eastern time?

I definitely identify with this problem even though Baruch Hashem my wife and family are not away.... being in the office alone on the computer is a slipery slope!!

Sounds like a great Idea.

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Re: Wife Upstate !!!!!

Posted by bardichev - 25 Jun 2010 06:42

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How about a bar b kew on dov's patio?

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Re: Wife Upstate !!!!!

Posted by david712 - 25 Jun 2010 13:25

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Zugst git. Nu.. Efsher???

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Re: Wife Upstate !!!!!

Posted by Moshew - 28 Jun 2010 19:00

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I'm game BBQ is good!!!!

Anyway here goes nothing, today is officially Day 1, I will hopefully report back tomorrow that all went well.

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Re: Wife Upstate !!!!!

Posted by the.guard - 29 Jun 2010 10:21

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GYE BBQ on Dov's Porch Tonight everyone. See you there! ;D

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Re: Wife Upstate !!!!!

Posted by Dov - 29 Jun 2010 12:57

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[Yiddle2 wrote on 23 Jun 2010 20:36:](#)

[yedidya aleph wrote on 22 Jun 2010 21:43:](#)

maybe an new evening phone meeting like after 5pm Eastern time?

Now there's an idea! Not just for this issue but for addicition in general. Question is how to start one without someone to moderate....

OK, our **porch** is too small for all y'all, but the unmoderated phone meeting sounds **awesome!**

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Re: Wife Upstate !!!!!

Posted by bardichev - 29 Jun 2010 15:21

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Bar b q

Bar be kew

Barbehkyoo

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Re: Wife Upstate !!!!!

Posted by Holy Yid - 30 Jun 2010 20:50

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Sorry for ruining the fun but here are some suggestions

1. join Elya's call on Thursday night
2. Get numbers from guys to call when you feel weak.
3. get email address and chat to stay in touch
4. Go to shuirim and socail events so you will meet people and stay connected
5. talk to your wife (and kids) on webcam daily if possible.

I will IM you my email address and if you want my number IM me or email me. I am not available all day but I will return your call when I can

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