

letting people know how i am feeling  
Posted by shmulse - 19 Sep 2014 01:59

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just editing for my own reason

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Re: letting people know how i am feeling  
Posted by shmulse - 04 Nov 2014 14:46

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just editing for my own reason

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Re: letting people know how i am feeling  
Posted by shmulse - 04 Nov 2014 18:07

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just editing for my own reason

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Re: letting people know how i am feeling  
Posted by cordnoy - 04 Nov 2014 21:00

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You have mentioned 'givin' up' several times.

Care to explain?

You're gonna' go and act out now?

Is that what you mean?

What positive actions have you tried that had some success?

b'hatzlacha my friend

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Re: letting people know how i am feeling

Posted by shmulke - 04 Nov 2014 22:46

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ya your right i have to take one day at a time and just relax and things will be okay i have to take dms gye method take deep breaths not thinking about whats ahead of me. so i took my time to write a poem and it makes me feel some what better about myself.

Shmulke Poem

Achieving

So writing a poem makes me feel great when i share it with friends or family because once they see the poem I have written they might comment on the poem and give me complements to which makes me feel good so I have decided to write a poem and here how it goes.

I am happy when I write a poem

Because it makes me feel classy.

Once i achieve a goal

it makes me feel relieved

When I can do an activity

Either writing or learning something new

It gives me the will power

That I can basically do anything

That I can't fail by doing. When I feel like giving up

I wont let that happen

Because I can always gear up

For the better the more I spread my feelings to

Others to communicate with people

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Re: letting people know how i am feeling  
Posted by shmulke - 04 Nov 2014 23:42  
The better off I am to tread water and keep on trucking

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Re: letting people know how i am feeling  
Posted by shmulke - 04 Nov 2014 23:42

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Re: letting people know how i am feeling  
Posted by shmulke - 04 Nov 2014 23:42

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Re: letting people know how i am feeling  
Posted by shmulke - 04 Nov 2014 23:44

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Re: letting people know how i am feeling  
Posted by shmulke - 05 Nov 2014 18:52

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feeling happy and positive today.

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Re: letting people know how i am feeling  
Posted by shmulke - 05 Nov 2014 21:26

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Re: letting people know how i am feeling  
Posted by shomer bro - 06 Nov 2014 01:07

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As much as you like to hear from us, we all love to hear from you and how you're doing. Its  
amazing the progress you've made in the past week. Keep it up!

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Re: letting people know how i am feeling  
Posted by shmulke - 21 Nov 2014 01:06

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just editing for my own reason

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Re: letting people know how i am feeling  
Posted by shmulke - 24 Nov 2014 07:51

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just editing for my own reason

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Re: letting people know how i am feeling  
Posted by cordnoy - 24 Nov 2014 08:46

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Time for a poem perhaps.....?

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