

No soldier left behind - Kol Yisrael Areivem

Posted by bear - 11 May 2017 22:34

---

Shalom shalom,

I have been on GYE for a while (prob between 1-2 years), yet I keep on falling. This is my first time writing on the forum. I had a couple good streaks(though only one over 90) I just fell again after 39 days clean. I have been trying really hard, but I have kept on falling. My problems with the internet started in high school. I tried to stop in 12th grade, it really hurts that in a few days I will be 23 and I am still struggling. That means I have been fighting for 5-6 years and I still have not got my act together. I am really scared, I am behind enemy lines and not sure how to survive.

I could really use some Chizuk...

If any of my brothers in arms have please share.

With much thanks from an aching heart,

Bear

=====

Re: No soldier left behind - Kol Yisrael Areivem

Posted by Hashem Help Me - 30 May 2017 12:40

---

[bear wrote on 30 May 2017 03:03:](#)

Hey guys, Thanks for all your responses!

I know this sounds very insensitive to say, but I am sort of relived that I am not the only one who struggles with the "missing out" feeling. I really appreciate all your points, and hope to think them over. **If anyone has more to add on the "missing out" feeling please do.**

Also, I had a thought, not sure what I think of it, I was wondering what you guys think of it. Many people try to rationalize shomer negia and say that there are so many great reasons behind it. On the other hand for many people like us who really just dream about "messing up" on shomer, none of these rationals persuade us. The only thing holding us back is that it is assur, we think no one should refrain if it were not for the Torah. rotzeh ani avel hatorah amar lo- we want it but

the Torah says no. Therefore, it comes out the exact opposite from what many people say about people who struggle with shmeras einayem. They say many of us don't care about religion at all, this habit just got so bad that it is messing up our lives that we need to stop. While that may be true to an extent in some cases the person might fight back because his life got so out of control. What is true in every single case, is that every time the person ever said no before he hit rock bottom (if he hit it), was Leshma. Because people like us, we would love to do everything that is assur in this regard, and the only thing that was stopping us before we hit rock bottom (if we hit it) was Leshma. And even for people who hit rock bottom, even after they get their life back on track, they go further than other people who recovered. How many non Jews never touch the other gender? So it comes out that you can argue the people who are more Leshma are the people like us. We would love to do anything and everything. What is holding us back has to be Leshma, (true some ppl recover because they hit rock bottom, but the reason they go so far and are shomer, don't listen to kol Eisha etc. is not because of recovery.) On the other hand those that buy the rationale to be shomer, do it because it makes sense to them, not because the Torah said no. As opposed to us, who would love to do everything and don't care what reason you can give to rationalize it. The only thing stopping us is God.

Lot of truth in what you wrote here. "Rock bottom" is not a replacement for avodas Hashem. Unfortunately some people are ill and need rock bottom to recover. Healthy people deal with yetzer hora and avodas Hashem. There is a lot of gray area, so for some a mixture of both works. Continued success.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by Dailybattle - 30 May 2017 14:38

---

Hi Bear,

I totally relate to your post and have had similar thoughts of 'regret' after having gone through high school and university and never seriously become involved with girls even though many now 'choshuv' friends did. It was down to a mixture of shyness and not wanting to be seen as going 'off the d' but I always thought 'what if', 'what a waste of my good looking years', 'I wish I had experienced that life before I got married' and even getting jealous when with old friends who are laughing about their adventures 'back in the day' on that crazy guys holiday (which I never joined) and wearing their experiences as a badge of honour.

I can however give you chizuk from this as I can confidently say that if I would have indulged in

the above way when I was younger, I would not have married the woman of my dreams I have today (I did well for myself In all departments!). The way we ended up getting engaged was a result of me being exactly where I was in life at the time and the suggestion was made at a mamish 'coincidental' moment. On top of that, she has told me that she would have found it difficult to live with a husband who has history; who knows what goes on behind closed doors with the high school 'chillers' we used to envy? Food for thought; what would keep you up at night more-a) regrets over not having 'lived the life' in high school but marry a great girl with no history or b) having 'lived the life' in high school but marry a wife who has been with other men. I'm not inferring that these are 2 natural paths but I believe that Hashem balances everything out in the long term in one way or another. I also work with goyim who live life 'to the max' and they are mostly 100% unhappy and unfulfilled. I am on here because I still sometimes watch porn and am trying to break free but is this a result of 'missing out'? I highly doubt it. To summarise:

its better to peak after high school!

Let me know your thoughts.

?

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by Workingguy - 30 May 2017 17:33

---

[GrowStrong wrote on 30 May 2017 10:20:](#)

[Workingguy wrote on 29 May 2017 17:27:](#)

[GrowStrong wrote on 29 May 2017 16:43:](#)

[Workingguy wrote on 29 May 2017 16:12:](#)

[cordnoy wrote on 29 May 2017 05:10:](#)

[Workingguy wrote on 29 May 2017 04:01:](#)

[cordnoy wrote on 29 May 2017 01:12:](#)

We always look over our shoulder and think that were missin' somethin', if only.....

That'sThat's why I work (supposedly) a program, where I can improve myself and be happy in my own skin.

B'hatzlachah

Non challenging question- does it work? Are you happy in your own skin?

When my mind is clear, yes.

Wow. You're very lucky; I wish.

Luck has nothing to do with it

Check out the 12 promises of his 'supposed' program

Yes they are actually called promises

This is not a discussion that I think will be productive but I did that program and while I got a lot out of it I did not get achieve those promises.

But put it simply this way – when you are dealing with human nature there is nothing that someone can promise to another person that if they do x, then there will be a certain result. Some people thrive on the idea powerlessness, some people get destroyed by it. Some people thrive in therapy, some people don't.

The easy thing to say is that when someone doesn't get the promises, it just means that they didn't work it hard enough. But how can a man of flesh and blood promise you anything? Human heart and mine are different in every single person

i'm very glad it worked for you though, and I'm very happy for you.

I think you are missing the point of 'the program'.

The program of recovery has nothing to do with any promises that any man can give another man.

The 12 step program of recovery is about "shivisi Hashem L'Negdi Tamid"

I have no issues with the concept of promising any human being in this world that if they have The Ribono Shel Olam in their lives at **all** times then they will know happiness and serenity. I have seen it with my own eyes having had the schtick to be in the presence of real tzaddikim.

I don't think I'm missing the point at all. While I know the program is supposed to be a spiritual program and am well aware that it works for many, what you described is something that takes a lifetime of work. Yet, people who work the program find the benefits very quickly. In Musar and Avodas HaShem, it takes a long time.

And in our religion, we don't even believe that there is one path of avodas HaShem that will bring people to that Shivisi that you've described. So learning mesilas yesharim doesn't work for everyone, learning Rambam doesn't work for everyone, and learning Ohr Yisrael doesn't work for everyone- no matter how hard they work it.

Yet somehow this is the secret to Shivisi HaShem and HaShem is promising it? I just don't think so.

that doesn't take away from the fact that it works for so many people, or my admiration for those who are able to work it, or it for many of the spiritual principles that I do think have a lot to offer.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 30 May 2017 18:23

---

[Dailybattle wrote on 30 May 2017 14:38:](#)

Hi Bear,

I totally relate to your post and have had similar thoughts of 'regret' after having gone through high school and university and never seriously become involved with girls even though many now 'choshuv' friends did . It was down to a mixture of shyness and not wanting to be seen as going 'off the d' but I always thought 'what if', 'what a waste of my good looking years', 'I wish I had experienced that life before I got married' and even getting jealous when with old friends who are laughing about their adventures 'back in the day' on that crazy guys holiday (which I never joined) and wearing their experiences as a badge of honour.

I can however give you chizuk from this as I can confidently say that if I would have indulged in the above way when I was younger, I would not have married the woman of my dreams I have today (I did well for myself In all departments!). The way we ended up getting engaged was a result of me being exactly where I was in life at the time and the suggestion was made at a mamish 'coincidental' moment. On top of that, she has told me that she would have found it difficult to live with a husband who has history; who knows what goes on behind closed doors with the high school 'chillers' we used to envy? Food for thought; what would keep you up at night more-a) regrets over not having 'lived the life' in high school but marry a great girl with no history or b) having 'lived the life' in high school but marry a wife who has been with other men. I'm not inferring that these are 2 natural paths but I believe that Hashem balances everything out in the long term in one way or another. I also work with goyim who live life 'to the max' and they are mostly 100% unhappy and unfulfilled. I am on here because I still sometimes watch porn and am trying to break free but is this a result of 'missing out'? I highly doubt it. To summarise:

its better to peak after high school!

Let me know your thoughts.

?

Thanks Dailybattle. I hear your point. A wife with a history would probably keep me up at night much more. I do agree that I do not think if I hung out with girls in high school I would of got it out of my system.

Though, I do sometimes wonder what would of been better watching all the stuff I did in High school online, or hanging out with girls instead. Neither one is a good thing, but I do wonder witch would of had worse effects in the long run.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by GrowStrong - 31 May 2017 20:16

---

[bear wrote on 30 May 2017 18:23:](#)

[Dailybattle wrote on 30 May 2017 14:38:](#)

Hi Bear,

I totally relate to your post and have had similar thoughts of 'regret' after having gone through high school and university and never seriously become involved with girls even though many now 'choshuv' friends did . It was down to a mixture of shyness and not wanting to be seen as going 'off the d' but I always thought 'what if', 'what a waste of my good looking years', 'I wish I had experienced that life before I got married' and even getting jealous when with old friends who are laughing about their adventures 'back in the day' on that crazy guys holiday (which I never joined) and wearing their experiences as a badge of honour.

I can however give you chizuk from this as I can confidently say that if I would have indulged in the above way when I was younger, I would not have married the woman of my dreams I have today (I did well for myself In all departments!). The way we ended up getting engaged was a

result of me being exactly where I was in life at the time and the suggestion was made at a mamish 'coincidental' moment. On top of that, she has told me that she would have found it difficult to live with a husband who has history; who knows what goes on behind closed doors with the high school 'chillers' we used to envy? Food for thought; what would keep you up at night more-a) regrets over not having 'lived the life' in high school but marry a great girl with no history or b) having 'lived the life' in high school but marry a wife who has been with other men. I'm not inferring that these are 2 natural paths but I believe that Hashem balances everything out in the long term in one way or another. I also work with goyim who live life 'to the max' and they are mostly 100% unhappy and unfulfilled. I am on here because I still sometimes watch porn and am trying to break free but is this a result of 'missing out'? I highly doubt it. To summarise:

its better to peak after high school!

Let me know your thoughts.

?

Thanks Dailybattle. I hear your point. A wife with a history would probably keep me up at night much more. I do agree that I do not think if I hung out with girls in high school I would of got it out of my system.

Though, I do sometimes wonder what would of been better watching all the stuff I did in High school online, or hanging out with girls instead. Neither one is a good thing, but I do wonder witch would of had worse effects in the long run.

Glad we worked this one out

=====

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by GrowStrong - 31 May 2017 21:05

---

[Workingguy wrote on 30 May 2017 17:33:](#)

[GrowStrong wrote on 30 May 2017 10:20:](#)



[Workingguy wrote on 29 May 2017 17:27:](#)

[GrowStrong wrote on 29 May 2017 16:43:](#)

[Workingguy wrote on 29 May 2017 16:12:](#)

[cordnoy wrote on 29 May 2017 05:10:](#)

[Workingguy wrote on 29 May 2017 04:01:](#)

[cordnoy wrote on 29 May 2017 01:12:](#)

We always look over our shoulder and think that were missin' somethin', if only.....

That'sThat's why I work (supposedly) a program, where I can improve myself and be happy in my own skin.

B'hatzlachah

Non challenging question- does it work? Are you happy in your own skin?

When my mind is clear, yes.

Wow. You're very lucky; I wish.

Luck has nothing to do with it

Check out the 12 promises of his 'supposed' program

Yes they are actually called promises

This is not a discussion that I think will be productive but I did that program and while I got a lot out of it I did not get achieve those promises.

But put it simply this way – when you are dealing with human nature there is nothing that someone can promise to another person that if they do x, then there will be a certain result. Some people thrive on the idea powerlessness, some people get destroyed by it. Some people thrive in therapy, some people don't.

The easy thing to say is that when someone doesn't get the promises, it just means that they didn't work it hard enough. But how can a man of flesh and blood promise you anything? Human heart and mine are different in every single person

i'm very glad it worked for you though, and I'm very happy for you.

I think you are missing the point of 'the program'.

The program of recovery has nothing to do with any promises that any man can give another man.

The 12 step program of recovery is about "shivisi Hashem L'Negdi Tamid"

I have no issues with the concept of promising any human being in this world that if they have The Ribono Shel Olam in their lives at **all** times then they will know happiness and serenity. I have seen it with my own eyes having had the schoot to be in the presence of real tzaddikim.

I don't think I'm missing the point at all. While I know the program is supposed to be a spiritual program and am well aware that it works for many, what you described is something that takes a lifetime of work. Yet, people who work the program find the benefits very quickly. In Musar and Avodas HaShem, it takes a long time.

And in our religion, we don't even believe that there is one path of avodas HaShem that will bring people to that Shivisi that you've described. So learning mesilas yesharim doesn't work for everyone, learning Rambam doesn't work for everyone, and learning Ohr Yisrael doesn't work for everyone- no matter how hard they work it.

Yet somehow this is the secret to Shivisi HaShem and HaShem is promising it? I just don't think so.

that doesn't take away from the fact that it works for so many people, or my admiration for those who are able to work it, or it for many of the spiritual principles that I do think have a lot to offer.

Found on the web:

Rav Elchanan Wasserman in Kovetz Ma'amarim also writes that emuna is something anyone, even a non Jew can attain by looking at creation. The only reason we fail to do so is because our ta'avos are stopping us. This is why even a Ben Noach will be held responsible for not following the ratzon of Hashem, he should have overcome his ta'avos to realize there is a creator and investigate what that creator wants him to do.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 02 Jun 2017 06:48

---

I gave some more thought to the issue, here is what I have to add.

In response to feelings of "I missed out" and " I am missing out":

First off, the thought of "I missed out" (in the past) is, simply put, ludicrous. Mai de'hava hava. In regards to things that happened in the past there are those that still have an effect now, in the present, and those that do not. For example if I got a car years ago, if I still have the car than I am still receiving benefit from the car. Or say I took an EMT course, even after the course is long over I still benefit from it, because I know now how to save a life. On the other hand some things from the past have no relevance to my present condition. For example if last night instead of having a regular dinner I went to a five star restaurant, true while I was eating the delicacies I would be enjoying. But the next day I receive no more benefit from the fancy restaurant than I would have had, had I just had a regular dinner. The same thing is true in regards to hanging out with girls in the past. Had I done it, true in the moment I would of had a great time, but right now after the time has passed, I would receive no benefit from it. And the truth is, if there would be any current effect, it would probably be negative. So I am now perplexed, am I insane? I have spent so much time wishing I could change things in my past, that would have absolutely no beneficial effect now. I have been jealous of people who have done stuff in their past. Am I crazy? The stuff I am jealous of gives these people nothing in the current moment over me. If it is not bad enough that I have regretted not doing things in the past that have no good effect now, I have soured, spoiled, and wasted the present moment with these thoughts. I took the present moment, an opportunity to do with it so many things, and turned it into a moment of depression, eulogy, and mourning. Pathetic! My desires had literally destroyed my sanity. "Desire can take one out of the world".

Now in regards to both the feelings of "I missed out" and "I am missing out". I think what I have to keep in mind is the first Mishna in the second Perek of Avos. I have to evaluate the loss of a Mitzva compared to its reward; and the reward of a sin compared to its loss. Right now, if I would go and do all the stuff. Ya, I would have a great time. But the feeling would only be while I am playing the game. The next day all the enjoyment belongs to the past. What I take with me, is more negative habits I am going to have to get in control of. And to be honest, my plate is more than full with bad habits I need to kick, I really do not need any more. It also can have negative effects on my future marriage, and many many other aspects of my life(would write more but gatta go to bed). And of course the repercussions for these actions will be eternal at the end of days. On the other hand if I control myself and miss out on the temporary pleasure, not only will I bear the fruits for eternity at the end of days. I will even save myself a huge headache, and receive benefits in this world(would elaborate but gatta go to bed). So in conclusion, it is plain and simply not worth it, and I should not feel "I missed out" or "I am missing out". I can not let my desires take me out of the world.

=====  
=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 02 Jun 2017 06:51

---

Also to acknowledge, I am being pretty hypocritical. My last couple posts make me out to be

one who was clean during high school. While in reality the reason I am on GYE and have certain issues was because I was far from clean during high school.

Unless somehow prn used to be Mutter.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by Dailybattle - 02 Jun 2017 08:12

---

You couldn't have put it over better bear, thanks for the words of truth; much chizuk and hisoirushas been gleaned from your post!

Hatzlocho

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by Workingguy - 02 Jun 2017 16:36

---

[GrowStrong wrote on 31 May 2017 21:05:](#)

[Workingguy wrote on 30 May 2017 17:33:](#)

[GrowStrong wrote on 30 May 2017 10:20:](#)

[Workingguy wrote on 29 May 2017 17:27:](#)

[GrowStrong wrote on 29 May 2017 16:43:](#)

[Workingguy wrote on 29 May 2017 16:12:](#)

[cordnoy wrote on 29 May 2017 05:10:](#)

[Workingguy wrote on 29 May 2017 04:01:](#)

[cordnoy wrote on 29 May 2017 01:12:](#)

We always look over our shoulder and think that were missin' somethin', if only.....

That'sThat's why I work (supposedly) a program, where I can improve myself and be happy in my own skin.

B'hatzlachah

Non challenging question- does it work? Are you happy in your own skin?

When my mind is clear, yes.

Wow. You're very lucky; I wish.

Luck has nothing to do with it

Check out the 12 promises of his 'supposed' program

Yes they are actually called promises

This is not a discussion that I think will be productive but I did that program and while I got a lot out of it I did not get achieve those promises.

But put it simply this way – when you are dealing with human nature there is nothing that someone can promise to another person that if they do x, then there will be a certain result. Some people thrive on the idea powerlessness, some people get destroyed by it. Some people thrive in therapy, some people don't.

The easy thing to say is that when someone doesn't get the promises, it just means that they didn't work it hard enough. But how can a man of flesh and blood promise you anything? Human heart and mine are different in every single person

i'm very glad it worked for you though, and I'm very happy for you.

I think you are missing the point of 'the program'.

The program of recovery has nothing to do with any promises that any man can give another man.

The 12 step program of recovery is about "shivisi Hashem L'Negdi Tamid"

I have no issues with the concept of promising any human being in this world that if they have The Ribono Shel Olam in their lives at **all** times then they will know happiness and serenity. I have seen it with my own eyes having had the schott to be in the presence of real tzaddikim.

I don't think I'm missing the point at all. While I know the program is supposed to be a spiritual program and am well aware that it works for many, what you described is something that takes a lifetime of work. Yet, people who work the program find the benefits very quickly. In Musar and Avodas HaShem, it takes a long time.

And in our religion, we don't even believe that there is one path of avodas HaShem that will bring people to that Shivisi that you've described. So learning mesilas yesharim doesn't work for everyone, learning Rambam doesn't work for everyone, and learning Ohr Yisrael doesn't work

for everyone- no matter how hard they work it.

Yet somehow this is the secret to Shivisi HaShem and HaShem is promising it? I just don't think so.

that doesn't take away from the fact that it works for so many people, or my admiration for those who are able to work it, or it for many of the spiritual principles that I do think have a lot to offer.

Found on the web:

Rav Elchanan Wasserman in Kovetz Ma'amarim also writes that emuna is something anyone, even a non Jew can attain by looking at creation. The only reason we fail to do so is because our ta'avos are stopping us. This is why even a Ben Noach will be held responsible for not following the ratzon of Hashem, he should have overcome his ta'avos to realize there is a creator and investigate what that creator wants him to do.

I know it well; it's the first piece in Kovetz Ma'amarim and it's fascinating. I'm not going to continue the discussion, because at this point I think it won't help, but I'll say that I've learned that piece and taught that piece many times and it doesn't fundamentally change what I'm saying. But let's leave it at that because I have no desire to argue against something that works for people in a place where academic conversations aren't really the purpose.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 06 Jun 2017 03:26

---

Well here goes. This really sucks but I fell... again.

Could be triggered by stress, or just lost my motivation but either way it really sucks.



Not sure if this is me trying to pretend the fall was not so bad, or if this is actually a real sign for hope. in my fall i did not look at anything very graphic. I searched google images(did not use sketchy words because then it would be blocked and reported) and spent 15-30 minutes looking at definitely not the most modest pics in the world but also not the worst. I pulled myself together after those 15-30 minutes and did not go on to looking at worse things. In the past after a fall I would spend hours, days, and week before I restarted my progress. I dont know what to make of this. It could just be since my fall was closer to a slip than a week long fall, i do not feel so guilty about it, and that makes it easier to pull myself back together, because i fell i did not blow my steak.

is this a sign of progress, or me just trying to feel better about myself?

=====

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by Workingguy - 07 Jun 2017 00:03

---

[bear wrote on 06 Jun 2017 03:26:](#)

Well here goes. This really sucks but I fell... again.

Could be triggered by stress, or just lost my motivation but either way it really sucks.

Not sure if this is me trying to pretend the fall was not so bad, or if this is actually a real sign for hope. in my fall i did not look at anything very graphic. I searched google images(did not use sketchy words because then it would be blocked and reported) and spent 15-30 minutes looking at definitely not the most modest pics in the world but also not the worst. I pulled myself together after those 15-30 minutes and did not go on to looking at worse things. In the past after a fall I would spend hours, days, and week before I restarted my progress. I dont know what to make of this. It could just be since my fall was closer to a slip than a week long fall, i do not feel so guilty about it, and that makes it easier to pull myself back together, because i fell i did not blow my steak.

is this a sign of progress, or me just trying to feel better about myself?

Are you sure what you did is a fall?

=====

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 07 Jun 2017 03:04

---

[Workingguy wrote on 07 Jun 2017 00:03:](#)

[bear wrote on 06 Jun 2017 03:26:](#)

Well here goes. This really sucks but I fell... again.

Could be triggered by stress, or just lost my motivation but either way it really sucks.

Not sure if this is me trying to pretend the fall was not so bad, or if this is actually a real sign for hope. in my fall i did not look at anything very graphic. I searched google images(did not use sketchy words because then it would be blocked and reported) and spent 15-30 minutes looking at definitely not the most modest pics in the world but also not the worst. I pulled myself together after those 15-30 minutes and did not go on to looking at worse things. In the past after a fall I would spend hours, days, and week before I restarted my progress. I dont know what to make of this. It could just be since my fall was closer to a slip than a week long fall, i do not feel so guilty about it, and that makes it easier to pull myself back together, because i fell i did not blow my steak.

is this a sign of progress, or me just trying to feel better about myself?

Are you sure what you did is a fall?

Not 100% but I figured good chance it is, and even if it is not I think it would be beneficial to count as a fall in order to discourage me from doing it again. I am not saying every time I slip I will count it as a fall, but if I go looking for stuff, and see stuff I should not. maybe it will be a good idea to count as fall.

=====

Re: No soldier left behind - Kol Yisrael Areivem  
Posted by bear - 16 Jun 2017 20:03

---

A lot of good happening right now. But at the same time dealing with anger, frustration, and stress for something else. These negative emotions are big triggers for me. Posting now to try to calm myself.

#### Anger and Frustration:

When I get in fights the anger tempts me. For two reasons A. to tame the emotions and B. to try to stick it to the person. Have to remember in the short term watching may appease my emotions but in the long term it will only make it worse. And watching will not hurt the person. The only person it will hurt is me. If I am frustrated that something did not work out, if work can be done to fix it, than do that work. Watching will make me less likely to succeed. And if it is too late to do anything about it, watching will only make me more frustrated and more problems. Find a better outlet instead.

#### Stress:

This is also a **BIG** trigger. If I am stressed about something I need take care of, just take care of it, than I could breath much easier. If it is just I need to relax and clear my mind. Than find a better outlet. After all watching will only cause more stress.

=====