

Staying Connected!!

Posted by Pidaini - 14 Oct 2014 14:09

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Based on the my latest falls, I have committed to keep myself accounted for doing 3 (sheheim  
4) things daily

1) Mindfulness (also known as meditation). To take 5 minutes a day and just live in the moment  
(there was a thread about it somewhere where someone posted about it)

2) I saw on the rules of [Dov's Desparados](#), [Dov wrote](#):

Rule 6 - We agree to take out at least 5 minutes every day to talk to Hashem - even if we feel it  
is not 'working'...

3) Staying in touch with friends DAILY!! That includes two things

- Calling someone (that knows about my lust tendencies) and speaking to them
- Emailing at least two friends

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Re: Staying Connected!!

Posted by Pidaini - 14 Oct 2014 20:23

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Check!

Check!

Check! (called tz...first time since his marriage!!)

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Re: Staying Connected!!

Posted by shomer bro - 15 Oct 2014 02:28

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I checked the staying connected a few times in my mind. Gosh, I shudder to think where I'd be now if I didn't start posting and chatting. It literally has stopped me from acting out numerous times. I can't even contemplate what that means spiritually! Meditation? What a great idea! I will try to get that checked ASAP.

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Re: Staying Connected!!

Posted by Pidaini - 19 Oct 2014 16:03

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All three days of Yom Tov/Shabbos I did what I could, Meditation and talking to Hashem.

Last night, I could have done email and called, but I got swept up in helping clean up. I did chat with the good Doctor.

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Re: Staying Connected!!

Posted by Pidaini - 21 Oct 2014 19:20

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Missed almost everything yesterday, was travelling.

Done my emails for today, haven't spoken to anyone, including Hashem, yet. Will update later.

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Re: Staying Connected!!

Posted by cordnoy - 21 Oct 2014 19:26

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[Pidaini wrote:](#)

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Not sure if this counts as a wisecrack, but have the commitments been helpin'?

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Re: Staying Connected!!

Posted by cordnoy - 09 Aug 2015 14:35

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[Pidaini wrote:](#)

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Remember this post?

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Re: Staying Connected!!

Posted by cordnoy - 10 Jan 2016 04:06

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does bumpin' this one count as a wisecrack?

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