

Trouble's Phone Conference

Posted by Sapy - 02 Aug 2022 23:07

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Decided to open a new thread dedicated to the phone conferences moderated by our one and only Trouble.

To sign up to join please send an Email to [troublescall@outlook.com](mailto:troublescall@outlook.com).

Any questions, comments, or Topics to be discussed can be posted here.

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Re: Trouble's Phone Conference

Posted by Markz - 03 Aug 2022 00:48

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[Sapy wrote on 02 Aug 2022 23:07:](#)

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Moderated? If there's any moderation, you probably got the wrong number!

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Re: Trouble's Phone Conference

Posted by Lchaim Tovim - 03 Aug 2022 13:36

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[Markz wrote on 03 Aug 2022 00:48:](#)

[Sapy wrote on 02 Aug 2022 23:07:](#)

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Thank you Sapy!

@markz I think he meant that the moderation is moderated.

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Re: Trouble's Phone Conference  
Posted by Trouble - 03 Aug 2022 14:33

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thank you for this thread.

the most memorable line i remember came from sapy, i think, and something to the effect.....:  
"when all you are doing is counting days, all you have is a streak," or joe dimaggio's 56-game hitting streak, although he wasn't the best hitter of all time - even less than rod carew and certainly ty cobb.

did anyone check if Ic"t is still laying in the sand under the volleyball net, drinking his daiquiri? i will ask my friend eodogi dekarube, one of the stars from the 2019 pacific games; played mixed doubles for the nauru beach volleyball team.

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Re: Trouble's Phone Conference  
Posted by Lchaim Tovim - 03 Aug 2022 14:51

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[Trouble wrote on 03 Aug 2022 14:33:](#)

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I'm there. Volume is turned up playing

Got a head full of noise

'Bout a hundred different things I'm tryna avoid

I got a mind in the gutter

Trouble on one hand, a beer in the other

Got the windows down and my fingers crossed

Just looking for a brand-new way to get lost

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Re: Trouble's Phone Conference  
Posted by Lchaim Tovim - 03 Aug 2022 14:55

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I came across two very interesting articles regarding streaks.

"Keeping up a habit every day is a classic hack. Whether you track that with a row of red X's on a calendar, or you let an app give you badges for consistency, a streak can help you get a habit started. But that's just the first step. You find out who you really are after you break your streak (not that we're specifically trying to break it just if it gets broken)."

and

An obsession with maintaining a streak can blind us from evaluating the real benefits of a habit. The streak becomes the sole system of reward and punishment. Everything else takes a backseat.

What's more, the research reveals a devilish paradox. Studies have shown that the harsher we are on ourselves for breaking streaks, the less likely we are to re-establish them. Feeling unnecessarily rubbish about breaking a streak can kill the habit entirely.

The punchline: beating yourself up about breaking a streak isn't worth it. Better to ensure the habit has a positive effect on your life, and then jump back on the bike if it's

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Re: Trouble's Phone Conference  
Posted by Trouble - 03 Aug 2022 15:00

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[Lchaim Tovim wrote on 03 Aug 2022 14:51:](#)

[Trouble wrote on 03 Aug 2022 14:33:](#)

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Re: Trouble's Phone Conference  
Posted by Trouble - 03 Aug 2022 15:24

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i'm thinking the topic for next week's call should be:

"hey darling, do unto me what i do to you (pleeeaaaasssse)."

thoughts?

tuesday's @12, 12:30 or 4:00?

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Re: Trouble's Phone Conference  
Posted by wilnevergiveup - 03 Aug 2022 15:40

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Darn, I missed it again! It's so complicated living in Israel, I miss everything!

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Re: Trouble's Phone Conference  
Posted by Sapy - 03 Aug 2022 15:46

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[Trouble wrote on 03 Aug 2022 14:33:](#)

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That wasnt me, I missed that line on the call.

The point of the streak is debatable, but I think that all will agree it cant be the goal, reason, motivator and plan...

Some other good stuff discussed:

External vs Internal reason to quit.

The right mindset to safeguards and gedarim.

Planning vs obsessing.

Obstaining vs Changing ourselves.

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Re: Trouble's Phone Conference  
Posted by Sapy - 03 Aug 2022 15:47

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[Trouble wrote on 03 Aug 2022 15:24:](#)

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Any options from 1:30 to 3:00?

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Re: Trouble's Phone Conference

Posted by Lchaim Tovim - 03 Aug 2022 18:29

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[Trouble wrote on 03 Aug 2022 15:00:](#)

[Lchaim Tovim wrote on 03 Aug 2022 14:51:](#)

[Trouble wrote on 03 Aug 2022 14:33:](#)

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now that is a great song by j.d. - should go in my signature if i can figure out how to edit. maybe i close door to office and turn the volume up myself. or next time i'm in my rig driving down island king road.

Don't want to go to off topic over here but maybe just a brief detour. There are so many great songs out there that express feelings about the struggle or life in general better than I could ever articulate. Someone should start a thread capturing all these lyrics.

?All right back on topic now.

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Re: Trouble's Phone Conference  
Posted by Trouble - 08 Aug 2022 16:53

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[Trouble wrote on 03 Aug 2022 15:24:](#)

i'm thinking the topic for next week's call should be:

"hey darling, do unto me what i do to you (pleeeaaaasssse)."

thoughts?

tuesday's @ 12, 12:30 or 4:00?

i'm still trying for tomorrow; we didn't nail down a time yet. state your preference here or via email. tis a busy day tomorrow.

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Re: Trouble's Phone Conference  
Posted by Lchaim Tovim - 08 Aug 2022 17:08

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I'll be available G-d willing whatever time.

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Re: Trouble's Phone Conference  
Posted by Sapy - 08 Aug 2022 17:48

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Doesent look like it will work for me tomorrow.

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