

hello everybody!

Posted by tehillimzugger - 09 Oct 2011 10:47

Chevra. It took a neila but i'm here now and here to stay!

I'chaim

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Re: hello everybody!

Posted by 1daat - 09 Oct 2011 21:11

Glad you're here. Welcome. If it took a neila, then you've bottomed out from on top. Mazel tov.

Hatzlocho

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Re: hello everybody!

Posted by Gevura Shebyesod - 10 Oct 2011 02:09

a neila is better that a nefila!! ;D ;D

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Re: hello everybody!

Posted by Yossi.L. - 10 Oct 2011 03:15

Bottomed out from on top? Can you explain that? it sounds deep...

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Re: hello everybody!

Posted by tehillimzugger - 10 Oct 2011 03:29

if u don't know what bottoming at the top is, you're missing the whole gye mission statement

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Re: hello everybody!

Posted by tehillimzugger - 10 Oct 2011 04:10

thanks for the encouragement everybody but...

i just fell

right after yom kippur

and a full day of telling myself that succos is rishon lecheshbon avonos and til then we're too busy

and i **was** busy-- until a certain time of the night i guess

help!!!!!!!!!!

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Re: hello everybody!

Posted by obormottel - 10 Oct 2011 05:56

Hit the ground running, chaver. Make new g'dorim and keep on fighting.

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Re: hello everybody!

Posted by alexeliezzer - 10 Oct 2011 15:04

What's your recovery plan?

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Re: hello everybody!

Posted by ZemirosShabbos - 10 Oct 2011 17:01

hi TZ,

sorry to hear the fall. let it be a learning experience.

we need to be on guard, expect the worst and hope for the best.

and we need to be like the RBSO who shows ???? ???? ??? ?????? ???? ???

before the fall, during the fight we gotta be like a youth full of energy

but afterwards we gotta be like an old mellow fellow and not tie ourself up in knots castigating
and thinking how bad and hopeless i am

as Rebbe B says, winning means staying in the game

stay in the game

you have a lot to offer, both to yourself and to us

as AlexEliezer put it:

we need a plan...

what can we do to improve out mindset, our precautions, our routine?

wishing you continued success

zs

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Re: hello everybody!

Posted by bardichev - 10 Oct 2011 19:14

as Rebbe B says, winning means staying in the game

stay in the game

ahem

let's get this straight

as Rebbe B ALWAYS says, winning means staying in the game

NO MATTER WHAT!!!

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Re: hello everybody!

Posted by heuni memass - 10 Oct 2011 19:16

[bardichev wrote on 10 Oct 2011 19:14:](#)

as Rebbe B ALWAYS says, winning means staying in the game

NO MATTER WHAT!!!

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gut gezugt!

Re: hello everybody!

Posted by tehlimzugger - 10 Oct 2011 20:59

ok. time to put that old/ forgotten/ fallen by the wayside rule back into place

ABSOLUTELY NO COMPUTER AFTER 11 PM no matter how important or unimportant!

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Re: hello everybody!

Posted by obormottel - 10 Oct 2011 21:06

Atta boy!

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Re: hello everybody!

Posted by ZemirosShabbos - 10 Oct 2011 21:29

sounds good!

only thing i would say is that the kabola you made could use some teeth possibly. like what happens if you break the kabola?

maybe make a taphsic neder (are you familiar with that term?), for example if you do go on the computer late night then you will: do 100 pushups, knas yourself with no computer for 3 days, brush your teeth every half hour on the half hour, etc.

look in the Handbook for a full discussion of this idea

and remember this free advice is worth every penny you paid for it

bechol oifen

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Re: hello everybody!

Posted by Yossi.L. - 10 Oct 2011 23:48

[TehillimZugger wrote on 10 Oct 2011 03:29:](#)

if u don't know what bottoming at the top is, you're missing the whole gye mission statement

Mr. Tehillim Zugger: I read the entire GYE "about us" and handbook and i still don't know what "bottoming out from the top" means. Out of the kindness of your heart can you please explain it. If i am totally missing the whole point of GYE i would greatly appreciate if you set me back on track.

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