

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by laughingman - 07 Sep 2018 10:04

As is my normal custom I am continuing to " try" to do betterI make 0 commitment

except I have committed to doing whatever mitzvot I can as happily as possible

even though I end up putting on tefillin right before zman rabbeinu tam IF I'M ZOCHÉ!!

most days I end up praying (saying at some point amidah) about once a day maybe twice

and in a community chock full of minyanim of every type I mostly pray alone

Most of the day I spend helping my wife do everything for my children, may they grow in Torah, and most of the time that entails doing 90 -100%of for granted tasks

I do this because as messed up as I am in truly love my family and only want to see them succeed and if necessary and possible come back to the light of Torah and mitzvot

even though I am the instrument of the destruction that has befallen us so far(well there were many, many factors but I only control my actions) I continue to work towards a better dayonly today and tomorrow is always tomorrow

I still carry the shame of what I became everyday and probably for eternity

but I also recognize that alot of it was from severe undetected and untreated abuse and neglect especially emotional ...and only now am starting to step back and really see what and how it all happened and am turning around slowly and purposefully bit by bit

I dunno maybe Hashem has something else to show me

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Re: laughingman tries to count to 90.....

Posted by Hashem Help Me - 07 Sep 2018 10:57

Your courage in sharing all that, and more important - in accepting all that, is incredible. Do you have a support team? Most of us who experienced emotional abuse to any level either have spent quality time with therapists who can help us get past the past, and/or have one or two select friends either here from GYE or elsewhere who we can reach out to. (I have not read through all 43 pages of your thread, so if you already answered that elsewhere, my apologies)

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Re: laughingman tries to count to 90.....

Posted by laughingman - 05 Oct 2018 10:06

I started this topic in 2013a full 5 + years ago well before certain events in my life occurred

in that time I have hit bottom after bottomdespite being on the forum and having close connections with some of the top key players here on the gye siteI was here before they moved the site

soo many things happened, changed, and some stayed the same despite

in this time I have learned of my multiple personalities and their differences and particularities such as one that is essentially a selfish 10 year old in a 35 year olds body

I have learned that despite how I personally feel about myself

I know in my hear of hearts that I am a good person ...and i have fought against all manner of inner demons that i continue to face minute by minute at times

it is all in part to teach me to humble myself

but I still feel like I don't know how Hashem feels about me

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Re: laughingman tries to count to 90.....

Posted by Hashem Help Me - 05 Oct 2018 12:44

Hashem's love for you (and all others trying so hard) is immense. May He help you break free and have menuchas hanefesh.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 12 Oct 2018 08:42

Soo an update

to date I have identified that I have a major lapse every 10 -15 days or more

and the same lapses occur in a round

alot of it has to do with guilt from past behavior

for a looong time I was convinced I was something really bad

but my wife actually helped me learn that really I am partly a child

and children are not blamed

but at the same time I must grow up

yesterday I had the privilege of helping a great person and he gave me a blessing

there are no accidents

I have been learning mishne Torah by the rambam and I have reached chapter 4 in yesodai
hatorah

on to many more

my children mostay look to me for all information and guidance

and their teachers in school

I have continued to learn acceptance of who and what I am and what I can become

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Re: laughingman tries to count to 90.....

Posted by laughingman - 07 Dec 2018 04:46

I haven't been here for a long while but I'm still trying to get better

the relapses are different

I mostly am having difficulty with interaction between people

it has been propused I might hav some kind of high functioning autism

yesterday my father elliot Solomon ?????? ??? ?? ??????? passed away

I am an onen at the moment, I feel bad about burying my father in America rather than Israel, I just dont have that kind of money, in fact I owe that kind of money already

if I did I would move him here in a heartbeat but I felt that waiting for donations while he remained unburied would be disrespectful to his body

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Re: laughingman tries to count to 90.....

Posted by Hashem Help Me - 07 Dec 2018 04:55

Boruch dayan emes. May Hashem comfort you and your family. May your father be a meilitz yosher for you and all close to him.

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Re: laughingman tries to count to 90.....
Posted by Shower640am - 10 Dec 2018 04:17

Baruch Dayan Haemes

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Re: laughingman tries to count to 90.....
Posted by Hakolhevel - 10 Dec 2018 13:24

BD"E

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Re: laughingman tries to count to 90.....
Posted by yiraishamaim - 12 Dec 2018 23:43

Baruch Dayan Emes

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 Dec 2018 15:19

Since my father's passing I have continued to struggle to find meaning in what I do vis a ve
avodat Hashem

I often feel like there is no senseI am sullied and the greater ones before me failed as well

I have missed many a day of tefillin

and recently I got a throat infection

my wife no longer believes in Hashem's existence and wishes for me to do the same

I couldn't do that, but I don't believe in me instead

most of my children are on their way to being non religious

I am powerless to intercedeand why should I preach at all, it is hypocritical to say the least

but I only wish for them to gain that which I lost and threw away

I wish I could say I made progress somewhat, but I really didn't

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Re: laughingman tries to count to 90.....

Posted by lionking - 25 Dec 2018 16:58

Sorry to hear about your loss. ?????? ?????? ??????

I once heard pshat of why we say Hashem should be Menachem you, since no one else can be menachem. I can't claim to understand what you are going through.

You mentioned a point which I think is very true. It is not, not believing in Hashem, it is, not believing in yourself.

May Hashem grant you a drop of clarity so that you can go on with your life even with all the sefeikos and doubts. And may you have the strength to withstand these trials and tribulations.

Hatzlocha Rabba

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Re: laughingman tries to count to 90.....
Posted by Hashem Help Me - 27 Dec 2018 01:23

I am sure I am not alone in saying that our thoughts and prayers are with you. May Hashem shine His light on your family.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 19 Apr 2020 06:58

I have not been here since my father passed away

Since then my uncle and mother also passed away

I have become far more understanding of my reasons for struggling in viewing addiction

At the same time I am still struggling

Its difficult in these times of difficulty

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Re: laughingman tries to count to 90.....
Posted by laughingman - 20 Apr 2020 06:06

Yesterday I was soo nervous about losing money for a job critical element

So I gave my word no looking at r rated or above

Instead i watched cartoons

I hope Hashem helps me make it today

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