

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 dd - 28 Jan 2015 03:15

[laughingman wrote:](#)

The whole world seems insane ...

And we can only rely on our father

Sure thing Man!!!

But insane might be saying it a bit mild.

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

Posted by laughingman - 01 Feb 2015 17:18

Crawling alongsometimes i feel like theres no pointi feel like soo what if i give inits not like i live in normal timesbut i try to remember that feeding what is essentially a chemical addiction through improper usage will cause only more grief for me and at least during shovavimi should keep my composure and anyway i dont want to deal with the negative aspects of my taphsicthis week i was supposed to be finished with a project and i am at least a week off ...and i might lose everything.....

Please pray for miraclesi am aware we are not supposed to rely on miracles but i see no other way

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

Posted by Shmeichel - 01 Feb 2015 17:28

100% right

i saw a quote from zohar hakodosh

"the only reason a person comes down on this earth, is to struggle with challenges of kedushe"

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

Posted by laughingman - 03 Feb 2015 15:45

I am suffering tremendouslyand from what i can glean onlineeveryone else is too ...and its only getting worsealot of it might be part of my anxietyor maybe its just making it worse ...

I am barely able to write

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

Posted by Shmeichel - 03 Feb 2015 16:14

my dear friend

my heart feels your sufferings

my hashem help you in every way, you should only have goods

what are some of those sufferings?

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

Posted by cordnoy - 03 Feb 2015 16:30

May God be with you.

b'hatzlachah

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

Posted by laughingman - 04 Feb 2015 19:10

I am very worried about my landlord giving me a hard time resigning my leaseand also i am late in signing it in a way

Also all my kids schools each has a different issue that is affecting me negatively

Also i have recently been having a very hard time getting things i need ...i keep going to stores that are closed or out of stock or they movedthings like thatvery frustrating

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

Posted by Shmeichel - 05 Feb 2015 11:57

my dear friend

these things are perfectly NORMAL by every definition of the extent of normality

loads of people have lapsed signing dates

if hashem wants you to stay you will stay, remember loads of people have moved many times
??? ?????? ?????? it will anyway be the way hashem wants, just accept it

issues with kids? who doesn't have? thats a highway which is always under construction!

your life picture is extremely normal, just tune yourself in the attitude that everybody's life is more-less the same, i am not perfect, nor nobody is

in a yeay or two, you will look back and be a loughingman about it

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Re: laughingman tries to count to 90.....
Posted by laughingman - 09 Feb 2015 11:42

maybe the real problem is I suffer from anxiety disorder so that any and all things in life that might be normal or even expected but cause any kind of difficulty cause a severe mental reaction that I don't always succeed in dealing with

like today a hot plate we use was damaged and I flipped out

the problem is that many times I flip out on otherssometimes on those who have nothing to do with the problem ...I don't do anything just yell ...but even that is bad and I recognize that ...

I have to get this in checkbut at the moment my main concern is management of the issue im dealing with right nowI may have severely damaged my marriage

sometimes I feel like I don't belong in normal lifemy outbursts have gotten down to a few minutes but my wife cant deal with themI don't know what to do

im trying G-d please help me

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

Posted by laughingman - 10 Feb 2015 09:07

Things are better todaybut the ramifications of things means i lost a whole day that should have been easy enoughpossibly the easiest day i shoulda had in years and i spent it being miserable and thereby making my family miserablei sure have fallen wellwell not in my addiction thank G-dbut still not as good as id like

But other things are starting to look up as they never had before

On a different notei been thinkinthere are many here who are crushing their inner personalities to dust trying to control themselvesin the meantime there isnt still a whole lot of supportgye website is like THE only one of its kind

People seem soo nieve of the need to address these issues in contemporary and urgencyand then pretend surprise at the very likely negative long term results

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 10 Feb 2015 16:25

More people can help you if you would divulge more.

Take your time.

I'm just sayin'.

b'hatzlachah

May God be with you

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Re: laughingman tries to count to 90.....
Posted by laughingman - 13 Feb 2015 10:12

Sometimes its difficult to divulge about a situationin the past i was more loose with things like that and i nearly was destroyed for itso now i tell things more guarded ...but things are alittle betterif not how i hoped altogether

I get very impatient on things i might have no business being impatient about

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Re: laughingman tries to count to 90.....
Posted by laughingman - 14 Feb 2015 20:38

Suffice for now i will say that i have fallen.....hardi have to set ky charti will when i have gotten some days behind me

Please pray for mei feel awful about everything

I am still going to try again

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Re: laughingman tries to count to 90.....
Posted by laughingman - 14 Feb 2015 20:46

I fell ...after satting a taphsici didnt even try to stopat alli have become such a hypocrate that even my anomonus persona here is a hypocrate

I feel soo hopelessit was really stupidand despite everything

Things are actually going alright all things considered..... i dont deserve to be here or the time of day

....unbelievable

Im soo angry wi5h myself

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