

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

=====

====

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

Posted by serenity - 15 Jun 2015 21:23

Oy

=====

=====

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

Posted by cordnoy - 15 Jun 2015 22:03

[laughingman wrote:](#)

Maybe next week mondayif everything this week lines up righti know i am up late but shouldnt be this weektoo important

I meant every day...why you waitin' for next Monday?

I was gonna bother you today, but I couldn't get onto this site.

=====

=====

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

Posted by laughingman - 17 Jun 2015 10:06

I also had troublemaybe a hack?i got in through a different link on google ...and once on the forum system.you can pretty much read anythingi think a link from the main page might be the problemanyone know for sure?

=====

=====

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

Posted by cordnoy - 17 Jun 2015 14:21

who cares?

let's worry about what we can do.....

when are we schedulin?

=====

=====

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

Posted by laughingman - 25 Jun 2015 07:23

Soon as possible i hopei know i havent been in ages

sometimes ...many times it seemson the way down to your "hitting bottom"you can hit alot of windows on the way downand many times they seem irreparable ..and as i look back at all the damage that has comeprobably in part of my stubborn refusal to fix myself rightwhile claiming i am fixing myself

All things come to a headi just dont understand sometimes what ...if anything i can do to make up for my mistakes that hurt others

=====

=====

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

Posted by yiraishamaim - 25 Jun 2015 10:19

In attaining Sobriety a person will experience multiple miracles.

Just continue to work on keeping sober and davening to Hashem.

not only should we say one day at a time but also one issue at a time.

Enjoy your Sobriety. Your new healthy wholesome way about you will by osmosis carry over to other situations and relationships.

In time you will be in a much better place to tackle challenges that seem so formidable right now.

Also remember the sobriety prayer

"God grant me the serenity to

Accept the things I cannot change;

Courage to change the things I can;

And the Wisdom to know the difference."

Chochma Bagoyim Ta'amin

=====

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

Posted by laughingman - 26 Jun 2015 11:18

First off yerasshamayim kudos !!! 200+ daysthats kot!

I read sometimes about the superstars of kedushayknow the hidden yidden who somehow in our time stayed away from it all and immersed themselves in kedusha till they could tell you

why you threw up this morning

I know that on my own i have always been super sensitive to certain things especially in kedusha and the oppositemaybe thats why i have such a problem now

I also realize who the real heroes in the world areand that they worked tirelessly right through fireall in part to help otherswhich is part of what makes a hero

=====

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

Posted by laughingman - 30 Jun 2015 05:31

Soo now i am almost done with my marathon.....i have been nearly constantly active all day every day despite what some might think merely because they dont see what i do or understand the circumstances of what i deal withi am trying to work through the result of nearly 3 -4 generations worth of bad choices and selfish decisions that have resulted in my current immediate familial isolationbasically most of my family tree is apathetic for religious reasons

.....

In addition i now deal with the new reality that not everyone in my immediate family has emunah any morenot that i blame themand i blame myself and all day i think of ways i could have been better and saved themi feel like i have become what i hate most

I could go on and on about things that definitely pushed the situation farther that are beyond my ability to controlbut i think my inability to control my panic for soo many years was a big contributing factori remember on this thread someone warned me about making others feel like they were a burdeni guess i understood too lateeverday i just go on and hope and pray that my children walk with Hashem like i try to nowi feel like only an absolute miracle can undo the tremendous damage that has accuredi think at the beggining about 12 years ago i had the opportunity to become something much more ...but my various illnesses and stubbornness got in the waynow my wife suffers everyday because her doctors simply dont seems to take her illness seriouslythey think they know what to dobut it hasnt worked enough yetand now others in my family have illnesses that go undiagnosed and untreated because the doctors are soo busy treating adhd that nothing else is important

i am sorry i come here to ranti just want to cry out and be saved from all my nonsensebut it is ??? ??????not a good timeevery year i feel.like i personally burned down the beit hamikdashthrough my negative actionsand i dont even know that i have soo manyi feel it is unfair sometimesthere are people who are complete psychoswhos kids are now matmidim

i dont understand the cheshbonot

=====

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

Posted by dd - 30 Jun 2015 08:08

Hi Laughingman!!!

It sounds really tough. I feel for you and i will be"h daven for you as well.

Just one thing i would like to point out you never focus or talk about all the great thing you do do. Think about every post here as another stone on the third bais hamikdash every time you daven to hashem for anything you are correcting the past and so on and so forth.

"tracht gut vet zain gut"

Wishing you lots of hatzlachah and true simcha!!!

=====

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

Posted by laughingman - 01 Jul 2015 10:53

One thing since i was young is i have a problem saying positive about myselfi am always worried it will lead to haughtiness right awayi do recognize that i dont try to do the wrong

thing or make anyone feel bad or cause anyone harm and i try to give others benefit of the doubt and things like thisi just am very concious and have always been my greatest critictoday was my youngest boy's 5th birthday partynow my family is much different then 3 years agoor even last yearG-d watches over me for certaini contantly feel as though i take advantage with negative behavior though

=====

Re: laughingman tries to count to 90.....
Posted by laughingman - 10 Jul 2015 09:03

I really want to reach out to someone on sunday at about 3 pm east timeor about 10 israel timeanyone interested pm me and G-d willing on motzai shabbat i will see ...

Besides that i have had a super crazy 2 weeks2 end of year parties/school trips (early like 8 -12), two birthday parties, a school clearing out session, a new school trip (the equivilant of going to nj from brooklyn, though not in distance) and dealing with beurocratsall super fun.....but exhausting.....also my parents lives have become my life somewhat cause im helping my father further transition to nursing lifeand watching as my parents lifes' work and possesions potentially become a lawn sale grab-festall strong anxiety triggers

The fun never stops

=====

Re: laughingman tries to count to 90.....
Posted by laughingman - 15 Jul 2015 17:58

Thank you everyone who takes out the time to say thank you ...although it is i who should thank everyone else

3 weeks timetrying really to stay low keyand finish this project im working on that seems to go on foreverbut good news im in process of building a new computer rigyay ...

=====

Re: laughingman tries to count to 90.....
Posted by laughingman - 16 Jul 2015 00:21

I might never be free completelycause i simply cant get passed my same old issue
.....selfishness ...impatienceimpulsiveness...

i could be promised gold in 2 days ...but before the first day is over i will anxiety away...

I have made real progress .

...but its not enough yeti guess i feel i should suffer more eveni wonder when will it be
enough ...

=====
=====

Re: laughingman tries to count to 90.....
Posted by laughingman - 16 Jul 2015 00:32

I have been looking at my "90 day chart diary" and i realizei have had 25 different falls in 2
and a half years ...or put another wayi have only broken sobriety that many timesand
some of those i was being more strict on myself than the rules postedi have averaged out
to about a month of sobrietysomething to keep watch when i next get to level 5to watch
for that hopelessness and depression and to remember thisthis is the real effect

i always feel alittle disconnectedcause im all anonymous herebut to me a moniker is a
moniker and makes no difference as long as i dont go by other names here at the same time

=====
=====