

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

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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 frequent ....and 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 - 28 Dec 2015 16:22

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Every time that i come on here i just whine .....like in real life .....mostly because i am constantly looking at life in a way where i never had it when i did and now i dont cause i never appreciated it .....its been a never ending cycle ....i kinda live the rest of my life on auto pilot so that my kids have their life .....but i feel like i dont belong in a marriage .....i come from a pretty messed up world ....where there are no parents or family ....only the "system" ....an emotionless entity that mostly kept us on life support and education ....and gave us freely so we would feel better about our situation ....but i was always waiting for the day i would " graduate" and be on my own ...which i did ..for too short a time it would seem .....now with my marriage in difficulty ....i sorta feel that way again ...i feel like i trapped myself .....

I have been told not to dwell on the past or even the effects ....just to focus on the good i have .....but as a career negative person it sometimes feels impossible .....and i dont even use what tools i have ....i have been here for nearly 5 years .....and with all my moaning i never learned to cry here INSTEAD of where it would cause damage ....

Im lucky ....if i just sit tight and be happy and not selfish .....i can just be there for my family ....i dont do anything else .....but that voice pops in that reminds me "you coulda had it ALL!" and you blew it ....now if im lucky i can simply teach my children not to repeat my mistakes .....

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

Posted by Dov - 30 Dec 2015 07:11

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[laughingman wrote:](#)

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Best post of yours that I have ever seen here. The past had lots of upbeat posts that were not real, lots of whines that were useless. This post is gold, man. It's showing you are a man standing at the brink of reality. Starting to see it is not an abyss, but just -- reality.

I think you are so right about so much, here.

And especially useful is:

...but that voice pops in that reminds me "you coulda had it ALL!" and you blew it ....now if im lucky i can simply teach my children not to repeat my mistakes ...

It's so good that you are starting to see that these voices are just that: voices. Just voices. Nothing to them, really. Just old news. Old enemies. Old lies. Pride keeps them alive and loud, while acceptance of an imperfect, blemished life can be allowed in by humility. And that will start the door opening up to a sane, useful lifetime ahead of you. You are young, your life is young, your kids are young. There is a lot more to do than just 'teach them not to repeat your mistakes'.

That teaching is a thing largely out of our power, I think. It's in G-d's hands what they actually learn. You and me can live life to the fullest and as honestly as we can today, that's all. They will learn what they will need to learn and there is a Good G-d here w us and with them Who takes care of things the way they need to be. I need to live with that, or else I get lost and drown in pretending I can manage and pull all the strings controlling for all contingencies, etc...a nutty way to live. Miserable.

Thank G-d there is another way. And you are starting to walk it.

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Re: laughingman tries to count to 90.....  
Posted by yiraishamaim - 30 Dec 2015 18:39

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[Dov wrote:](#)

[laughingman wrote:](#)

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Truly meaningful stuff. The kind we read on this forum and grow from.

Reality hits and its a tough swallow.

Do we roll over and play dead?

or

Do we rise to the occasion and develop ourselves - in the areas of life that we can - to the very best of our abilities.

" O G-d, give us the serenity to accept what cannot be changed,

The courage to change what can be changed,

and the wisdom to know the one from the other"

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

Posted by laughingman - 06 Jan 2016 22:33

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I masterbated yesterday .....i did it because i had an overwhelming desire to feel good .....i feel bad about what i did .....i felt no positive feeling from what i did even though i felt like i would perhaps .....today i will pick up and not do that again ....

I know i committed a grave mistake that can cause alot of negativity and i am sorry ....i will make amends for what i have damaged ....to the best of my ability ....i cannot beat this with out

Hashems help .....i am ill ....and only Hashem can help me if i admit that i cannot overcome this by myself and .....

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Re: laughingman tries to count to 90.....  
Posted by markz - 07 Jan 2016 03:44

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I feel for you my brother

Mind if I comment on your last 7 words?

*"I cannot overcome this by myself"*

Yes and No

Yes - I can't recover without G-d guiding me, and without him by my side

No - The recovery needs me to start the engine.

If I'm not getting sober, it's my responsibility, not anyone else nor G-d

hatzlacha

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 07 Jan 2016 12:27

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Very true thank you

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 09 Jan 2016 21:10

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Somedays ....i feel like i have this ....like Hashem really is at my side and doesnt give up ....as evidence that im still alive

And other days i feel the opposite ....that life is actually a way to trick me ....that im really too far gone .....that everything im trying now is really pointless and hopeless .....and then i stop trying .....stop caring about anything.....all selfishness really.....but i dont know how to live out some of my days .....even one at a time sometimes ....

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 31 Jan 2016 06:23

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Yesterday i m\*\*\*\*\*

I was busy feeling bad about things i had done in the past ...my marriage mistakes ....my life mistakes ....and it being shabbat i wasnt able to call on anyone .....i was soo busy feeling sorry for myself ...

I remembered not to use a phone but not to refrain from something equally bad, if not worse

I recently got in contact with sa people near me ....but i am still working up the courage and time to go to a meeting ...although i am not even sure that is where i need to be .....i do need therapy ....that is obvious like it is day .... i just dont know what kind or where to get it from

I havent been talking to anyone lately .....not about anything i feel at least



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Re: laughingman tries to count to 90.....  
Posted by laughingman - 17 Feb 2016 16:06

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I have not been here a long time ....i have been rethinking what, if anything i wanted or was going to accomplish here .....then i thought that it is all meant for something ....but times have definitely changed .....i used to talk here alot about the 90 day chart .....but thats only there to give chizuk .....but it can become a crutch too ....over the years my understanding of just what i was doing wrong .....on to what was wrong with me in general and how weird my thinking had become ...and how much frustration reality checks would cause me now i start to think of not clean or fall but acting out ....and not being in control or understanding that i have no control .....and that my problem might be one of the most complex .....because it isnt simple to me ....and when i make it simple i succeed .....i stop thinking in terms of forever and only today ...and now ... i at the same time see things .....not all but some that get undone seemingly on their own ....but its not autonomous ....

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Re: laughingman tries to count to 90.....  
Posted by markz - 18 Feb 2016 03:05

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[laughingman wrote on Unknown:](#)

Fell ....like a stone off a high mountain.....ill wait till isru chag to update .....if i survive till then ....whenever ii falll horrible things befall my family

I knew this and still fell .....i have failed ....

I feel soooo super depressed and its chag.....i fell on chag on the omer when im supposed to be getting spiritually perfect too receive the torah....iim not worthy to receive a fist.....can someone pray for me for heavenly mercy

My friend please do yourself a favor

Speak to a Therapist, like I do

(If money is an issue give me a buzz)

Then come back and keep us posted

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

Posted by TMSingle - 18 Feb 2016 08:22

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[laughingman wrote on Unknown:](#)

Had a slip today ....i am not going to registerit as a fall for ttechnicality but this is my last strike for myself i am being very strict on myself and this is my first instance of this issue but it wasnt technically a fall soo yeah ... if someone wantw to input on this

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

Posted by laughingman - 18 Feb 2016 09:18

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My friend please do yourself a favor

Speak to a Therapist, like I do

(If money is an issue give me a buzz)

Then come back and keep us posted

Thing is do you already know a good therapist ....in israel

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

Posted by markz - 18 Feb 2016 13:46

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I'd email the Admin, [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com), he should have some contact info for you

I only wish the best for you!!

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

Posted by markz - 18 Feb 2016 13:50

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