

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 - 16 Mar 2016 13:19

I have been feeling particularly downthis week alone i acted out at least 3 timeswhen i act out i let loose all feelings of selfishness and selfcenterdnessand i recognize this in real timeand then i go back to feeling down about what happenedeven as i at partly believe this may have started out as simply ????? it is evolving if it hasnt already into a true addiction ...that is to say i recognize this activity is not necessary and is damaging to myself and others and i am still having a hard time stoppingat the same time i am seeing new aspects of my personality that i am working onlike being shomer enayim without looking depressedlike not exaggerating when i speaklike simply telling and accepting how things aresometimes i feel like maybe this is all just the dark before the dawnbut i cant see the lightnot clearly enough anyway ...also i constantly feel personally that my connection with G-d is damaged ...even taking into account that i might be doing all of this out of illness but i brought this on myself by not paying attention years back when it was easyi know i cant do anything about it now but i do have responsibility in thisand how does someone go about "paying back" or doing for G-d ...whom we had to do what he tells us anyway and doesnt need our service as it is really to better ourselvesits like someone doesnt listen to a king and the solution would be to take care of himself?!?.....

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

Posted by markz - 16 Mar 2016 13:33

My friend - we are here to listen and feel your pain, but if you are looking for help, go to someone that charges \$ to listen

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

Posted by laughingman - 16 Mar 2016 13:52

Also as i try to deal with feelings of wanting to act out i find i turn to food more...any thoughts

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

Posted by cordnoy - 16 Mar 2016 18:56

[markz wrote on 16 Mar 2016 13:33:](#)

My friend - we are here to listen and feel your pain, but if you are looking for help, go to someone that charges \$ to listen

Or use the phone number I sent you.....and that's for no \$.

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

Posted by laughingman - 26 Mar 2016 23:12

I really wanted to call last weekand i had in mindbut right before purim my water pipes had to be replacedALOT OF THEM!!huge messand my wife is particularly sensitive to dirt and things like thatsoo yeahand alot of time lostsoo alot of time lost in the future to make up for/fix what wasgood times...lolone day at a time is alot sometimes

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

Posted by Shlomo24 - 27 Mar 2016 00:49

I'm glad to see the positive outlook

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

Posted by peloni almoni - 27 Mar 2016 03:32

[Shlomo24 wrote on 27 Mar 2016 00:49:](#)

I'm glad to see the positive outlook

shlomo, i think you should trade your avatar with laughingman. just a thought.

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Re: laughingman tries to count to 90.....
Posted by peloni almoni - 27 Mar 2016 04:54

... one second. I haven't been around for a few months, but something in the recesses of my mind associates Shlomo with the Fruit Loops bird and Israeli flag ... ??? Do I have the wrong guy?

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Re: laughingman tries to count to 90.....
Posted by markz - 27 Mar 2016 05:03

Same Great Shlomo

He finally finished his serial, and is working on his emojions

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Re: laughingman tries to count to 90.....
Posted by Shlomo24 - 27 Mar 2016 23:18

[peloni almoni wrote on 27 Mar 2016 04:54:](#)

... one second. I haven't been around for a few months, but something in the recesses of my mind associates Shlomo with the Fruit Loops bird and Israeli flag ... ??? Do I have the wrong guy?

You have the right guy. I have since morphed from being an odd bird into a happy face.

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

Posted by laughingman - 05 Apr 2016 02:38

These last weeks have been differenton one hand things seem to be improvingon the other they arenti am always seeming to be two people at onceone sincerely tries to do his bestto understand that he has nothing to be full of and to just be decentand the other has given up on life and everything years agoand believes that i am too far gone to make a difference now ...even as opposed to others who might actually be doing worse thingsbecause i am well aware of these two trains of thought i feel in should know betterbut often the negative side completely takes overlogically (or really illogically) telling me that hope is just a way to get me to work harder than i doand i already do what i can ...or at least i think sosometimes i think i dont try hard enough at all thoughwhenever i act out i donate a small amount to gye...i used to try to increase this till in would stop out of money drain but it didnt worki try often now to just live in "the moment even if i already acted outi try to believe that every moment counts

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

Posted by markz - 05 Apr 2016 02:47

Laughingman ?????? ??? ?????? ?????? - you have too many full stops in your sentences, too many obstacles, so I won't put any in mine, but will ask you - have you met anyone from gye personally yet?

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

Posted by Dov - 05 Apr 2016 21:06

Rooting for you, man. Have a good day. I will never forget you and daven for you often.

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

Posted by laughingman - 12 Apr 2016 05:35

No unfortunately i have not met anyone in personi live in the north of israelsoo yeah ..

Im on day 8 today

Pesach preperation times

I had a thought that during pesach every jew in the world simulates addiction and withdrawal and going cold turkey, even though chametz is not something that is technically "bad for you or others" it represents regression (yetzer hara) and laziness. During matza baking they take breaks between batchesit is organised and planned and beneficial. But during bread baking the dough itself has to be "lazy" and sit for hours and becomes more than it was even though nothing was added to it. During pesach we all go cold turkey on chametz and you can see how some people ??? go through withdrawel symptoms even though nowadays the manufacturers have taken nearly all the guesswork out of pesach meal planningespecially if you eat kitniyot which in itself is being challenged.....during pesach we all get a taste of freedom from our insanities ...through careful checking and thoughtfulnessbut because everyone is doing it it gets alittle easier ...because everyone becomes part of the group thag is doing the same

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