

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 Dov - 17 Apr 2016 04:49

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I am NOT suggesting you go to meetings - I rarely do that for GYE guys for few of them are addicts. But I know you so I am just saying it is an option if you really want to meet other guys who understand.

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

Posted by laughingman - 19 Apr 2016 10:42

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I really should ...and i will call a number i have for an sa person in the north near me .....i dont like acting out at most its a 1 sec relief vs about at least 1 1/2 days of misery and a lifetime of adding to my acting out times .....and not to mention the damage to my neshama .....

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

Posted by laughingman - 25 Apr 2016 05:26

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I didnt end up calling anyone ....i simply ran out of time .....but i had more than enough time to fall and damage myself .....when i act out i am being selfish and i fail to learn to actually give to others including my family ....and i fail to remember to keep going through and give up my frustrations to G-d ....in effect that is what my avodah needs to be now ....to simply give my frustrations over to Him when i feel like using .....but i still didnt practice it enough

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

Posted by laughingman - 05 May 2016 07:34

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Sometimes ...especially when i am multiply late to pray and/or i get yet another person urging me to either throw my smartphone to the sea or expect not to be redeemed

...i feel extremely depressed and i feel that as it seems Hashem is angry at me I might as well give up .....entirely ....not just here but in all aspects of life .....of course these thoughts i

recognise as rather childish and immature im sure .....but i do feel them when things i am trying to do that are positive keep falling through

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 08 May 2016 18:41

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Day 13 now .....today i had urges to act out and i did not .....i have started to keep a list of habits to do everyday to keep positive and to start to redevelop my daily schedual .....

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Re: laughingman tries to count to 90.....  
Posted by markz - 08 May 2016 18:50

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Cool!!!

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Re: laughingman tries to count to 90.....  
Posted by Dov - 10 May 2016 13:29

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Hi mr laughingman!

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 11 May 2016 10:13

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Today

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 13 May 2016 04:33

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I acted out ....its all really a product of much bigger issues ....that are not getting dealt with because of the crushing guilt i feel from acting out .....all the times before as well .....and also guilt from every mistake or neglectful or hurtful.thing i have ever done .....i know its probably classified as a sort of illness ....but it does have weight in the real .....and soo it continues .....we are now in year 3 and my wife has to change doctors and who knows if this new one will be willing to give her whats rightfully hers

...it all sort of controversial in the medical community ...which in some cases sort of acts like a mythology class or insurance agent rather than a group of scientists trying to alleviate someones pain

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 13 May 2016 06:01

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"thanks613" post=287705 date=1463116716I'm starting to recognize the importance of letting someone else into my mind - speaking out my fantasies and what I actually do - so that I can let go. Starting..

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 13 May 2016 07:53

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I know ....but i dont act on it

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Re: laughingman tries to count to 90.....  
Posted by cordnoy - 13 May 2016 11:37

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[laughingman wrote on 13 May 2016 07:53:](#)

I know ....but i dont act on it

Ribbit

Ribbit

Ribbit

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Re: laughingman tries to count to 90.....  
Posted by thanks613 - 13 May 2016 16:31

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[cordnoy wrote on 13 May 2016 06:01:](#)

"thanks613" post=287705 date=1463116716I'm starting to recognize the importance of letting someone else into my mind - speaking out my fantasies and what I actually do - so that I can let go. Starting..

I very much wanna act on it..

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Re: laughingman tries to count to 90.....  
Posted by Dov - 15 May 2016 13:51

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[laughingman wrote on 13 May 2016 04:33:](#)

I acted out ....its all really a product of much bigger issues ....that are not getting dealt with because of the crushing guilt i feel from acting out .....all the times before as well .....and also guilt from every mistake or neglectful or hurtful.thing i have ever done .....i know its probably classified as a sort of illness ....but it does have weight in the real .....and soo it continues .....we are now in year 3 and my wife has to change doctors and who knows if this new one will be willing to give her whats rightfully hers

...it all sort of controversial in the medical community ...which in some cases sort of acts like a mythology class or insurance agent rather than a group of scientists trying to alleviate someones pain

Hi chaver and thanks for trying to get in touch...we need to find times that work for both of us, my schedule is pretty simple actually and the limited time I have is still there and usable, if you call then.

My question to you is this:

Has anything changed at all in your life or relationships in the past years, or are you still the victim of the exact same unhappy circumstance and troubles and other peoples' needs?

Or has something changed in how you live without being a prisoner to Hashem's obviously apparently sucky will?

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