

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 May 2016 11:46

Well aome things i think at least temporarily improvedi understand my own real issues more and those of my family members ...also i try to urge others to avoid perfectionismsbut sensitivity and life are often working against thati still have yet to establish a set time that i can keep to to dedicate to dealing with shmirat enayim issues or any other of my mental problems for that matteri truly need a normal therapy routinebut have yet to find a solid therapist i feel safe with

I do still struggle with past guiltan ongoing sometimes uphill battle in and unfortunately around my mind and me sometimes it motivates meand sometimes it shuts me down or makes me feel hopelessi also have a hard time in the emunah departmentparticularly in teshuvaespecially since i still struggle there too

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Re: laughingman tries to count to 90.....
Posted by markz - 16 May 2016 12:13

Brother, are you still trying to count to 90.....?

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Re: laughingman tries to count to 90.....
Posted by Dov - 16 May 2016 12:39

Look, you are no newbie. So I will not respond here with the political correctness and tenderness I would try to use with a new person who really has only just *begun* to see the truth about his issues. You, in contrast, have had half-a-lifetime studying your sad life story b'iyun. It's your blanket - your punishing rod and your comforting staff. Yet masturbation and self-pity still follow you wherever you go...that is no co-incidence, is it.

Be"H you will soon let go of the 'setting time aside daily for dealing with shmiras eynayim issues', for as you know, the more we focus on living in the problem, the more we live in the problem. It would be totally counterproductive for you - as is most of the time you spend mulling

over how bad your situation is and all your problems.

True, being aware of real problems is so very essential! And ignoring problems is just sweeping them under the rug till we trip over the bump, yes. But these things - your problems - are all well-known to you, I think. *Perhaps the issue is not the problems you have as much as it is the anguish that you have **about** them.* So they are really NOT your problems, are they? Aren't your emotions the real problems that mess your daily life up? How about getting real help for those? You implied that - having a *trusting* relationship w a solid therapist.

You tell your associates to avoid perfectionisms...but how about you? How trustworthy does this therapist need to be?? How 'solid' does he (or she) need to be?? Are the therapists where you live, generally a bunch of mean bastards or something? Will they share your secrets with the community at large? I doubt that. You need help. For G-d's sake, why not *trust* them? And 'solid'...I do not even want to know what that might mean.

Harbei shluchim laMakom. Perhaps you are too picky. Perhaps you are your worst enemy of all that has ever lived. Perhaps it's time to use dirty water, as the Chofetz Chayim's parable goes. Perhaps you need help now, otherwise your Arnold Schwarzenegger-like self-pity will terminate you, if it has not already.

I know you react by quietly saying things like..."...i'm afraid it already has terminated me...", but that's a lie. For you will see, if you give it a day or so, that there is still enough left of you there for your self-pity monster to torture with more could-have-beens, should-have-beens, and poor-me's. There will always be room for you to say the refrain of, "What can I do? My circumstances are insurmountable and look how society, my wife, the doctors, and the system have all ruined my life."

Well, I do not buy it for a second and you do not need to, either.

I love you and you know it. And so do other people in your life though you can't see it through your self-pity and depression. G-d has put far more strength in you than you think. You are a good man and a good father and a good husband in many, many important ways. Do you realize that yet?

Today is a fine day to get the help you need. Open up fully and unconditionally to your damn shrink, whoever he or she is! We are all screwed up in some ways - even your shrink is! And you are no worse or better than anyone else. Please leave the pity party. I bet that you see the shrink as untrustworthy mainly because they do not usually coddle you and do not play into your self-pity...wow, that really turns off self-pity'ers like body odor. We live with this kind of condition for 'trusting' therapists: *"I can't trust you until you recognize how very sad my life is and maybe cry with me a bit..."*

Yes, empathy and acknowledgement of pain is essential - but maybe your standards for it are way too high? Maybe not everybody needs to be sorry for you as you are for yourself in order for you to 'trust' them? Man, life is hard for everyone in their own skin and in their own circumstances. You do not need the pity. It's really killing a fine man: You.

You deserve better food than the crap you have been serving yourself since you realized you were imperfect, years ago.

(If that was too hard, tel me and I will erase it. As it is, some newbie will read it and say, 'boy that Dov is a nasty dog.'...oh well. But we have spoken many times. I know you, chaver. Your sad story does not fool me any more. It's time for you to take a different road today for today and live today, not be one of the walking dead.)

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Re: laughingman tries to count to 90.....
Posted by Workingguy - 16 May 2016 13:39

[Dov wrote on 16 May 2016 12:39:](#)

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Dov,

I don't think anyone could have said this better. I've read this thread and keep on cheering inside and hoping that laughingman will finally pick himself up....and each time is the same. And I'm not close to him to tell him what you did.

LM,

Dov just gave you a gift. Run with it!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 16 May 2016 15:27

I have no problem with what dov saidits alot based on similar convos i have had in the past with dov

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Re: laughingman tries to count to 90.....
Posted by Dov - 16 May 2016 21:54

You are obviously a very good man, chaver.

Hatzlocha

We and others are all pulling for you

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Re: laughingman tries to count to 90.....
Posted by markz - 17 May 2016 01:39

[laughingman wrote on 16 May 2016 15:27:](#)

I have no problem with what dov saidits alot based on similar convos i have had in the past with dov

Brother do you plan on repeating these conversations, and continue to stay in the stressed out life that you suffer - forever?

Or maybe you have no plan

Do you plan to continue life without a plan?

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Re: laughingman tries to count to 90.....
Posted by laughingman - 17 May 2016 07:00

I have plansi just so far havent the timeright now i have a washing machine emergencyafter that i will update

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Re: laughingman tries to count to 90.....
Posted by markz - 17 May 2016 11:56

Are you repairing it yourself?

That can take a few months

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

Posted by laughingman - 22 May 2016 02:22

I had plansi had thoughtsnow my life is overmy marriage is all but overi was given an insight into how people feel about memy family i have terrorized for 10 years without even realizing driving them all awayi never did things out of animosity or hatredi just did bad thingsnot gye site thingsat least that wasnt the focus at firstor maybe it was all part of itwe just had an argument that once again rose out of my foolish anxietiesbut it was differentnow i just dont know what i will.do with my lifebesides my family i dont really do anything i learn here and therei have some kind of work i can domaybebut i see no point nowi continue to live because suicide is a sini havent tried hard enough in anythingim sorry i let everyone down

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

Posted by markz - 22 May 2016 02:28

Dov wrote

"I do not particularly care exactly which "lav" suicide is. I'm not interested in it for other reasons!"

PLEASE CALL

D(or)C

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You have no excuses anymore

Deal?

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Re: laughingman tries to count to 90.....
Posted by inastruggle - 22 May 2016 03:04

It's painful to hear about your situation. I hope it will improve soon. A reality check is painful but it maybe you can use it for good.

Mark is right, you really should speak to someone. Preferably a rov who knows you in real life.

I'll daven for you.

KOT.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 22 May 2016 03:23

All of that was self pity

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 22 May 2016 05:01

We spoke once.

We can do it again.

The invite was always there.

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