

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 - 09 Aug 2016 11:45

Soo i have had quite the last few weeksmy wife and i are doing much better i think ...she trusts me more now i think ...i have been feeling alittle better with my new medicinei am also taking things very slowly and trying not to give in to anxiety which is easier to deal with with my medicine....i am in the middle of helping my mother in law with different thingsi have alot on my plate but i trust Hashem more today

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Re: laughingman tries to count to 90.....
Posted by Workingguy - 09 Aug 2016 13:25

Laughingman,

It sounds like you've really made some great strides and are doing really much better. Kol hakavod to you!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 18 Aug 2016 14:07

I have been soo busymy plate of things to do piles up all the timei have become a caretaker of approx. 8 ppl not all of whom are children...i am not recognized as such officially ...as far as the surrounding kehillah is concerned we are a normal family that just had a tragedy ...but sometimes the bubbles of our difficulties surfacesi try to do my best to keep things going as much as normal as possible ...i see more the fantasticness of each day that i get something done ...that i am able to help even if its not perfect and never will be...

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Re: laughingman tries to count to 90.....
Posted by laughingman - 07 Oct 2016 07:50

I feel in betweenon the one hand my family life has improved dramaticallyon the other hand i still wallow in the filthevery now and then (about 2 weeks to a month.....i have observedand i am sure some who have followed my journey have observed it too) now i am starting to feel like i have no controlbut i dont talk to anyone here lately about itmostly i feel like i am simply another burden to others who already carry soo much in life

I feel guilty for what i have doneguilty and sadbut that is not stopping me enough.....but what is enough?

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Re: laughingman tries to count to 90.....
Posted by Singularity - 07 Oct 2016 09:52

Don't get down. Your life sounds incredibly difficult and you're coping so well. I usually gasp in awe at how such people can handle such tragedy. I have everything going for me and am probably doing worse than you. So pat yourself on the back. You deserve it and are an inspiration for us.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 20 Oct 2016 08:25

I have a problem. Whenever i feel down, and i feel down from the simplest thing; i immediately turn to porn. Or its equivalent. i dont talk to anyone really about how i feel or why i feel that way. I just act on it. I was supposed to talm to Dov about 3 months ago and i never got back to him. First it was i was trying to think what to do to go foward, then it was rosh hashana, and now its chag.

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 20 Oct 2016 12:27

[laughingman wrote on 20 Oct 2016 08:25:](#)

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We had several dates as well.

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

Posted by Shlomo24 - 20 Oct 2016 16:46

[laughingman wrote on 20 Oct 2016 08:25:](#)

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It's called an addiction. You aren't bad for that, it's not in your control unless you get into recovery.

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

Posted by thanks613 - 23 Oct 2016 01:22

Missed call? Why not call back?

Simple. Not easy.

Good Moed!

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Re: laughingman tries to count to 90.....
Posted by laughingman - 25 Oct 2016 12:53

Yes so, cordnoy when is a good time to get back into calling you as well

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Re: laughingman tries to count to 90.....
Posted by cordnoy - 26 Oct 2016 02:21

Just try when you are available.

If you let me know beforehand it will be better, but try anyway.

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Re: laughingman tries to count to 90.....
Posted by laughingman - 11 Nov 2016 07:45

About a week agoi was feeling out of control. I kept acting out, seemingly on some kind of self-destructive warpath. I felt like all i could do was keep doing what i was doing. Then i suddenly realized the destructiveness, the very real destructiveness of my course of actions. Losing time, losing my temper, losing my soul. All very real things, too much. For the longest time i have felt a very real divide on how Hashem really feels about me. On the one hand i try to internalize the things that i have learned, in school, from my mentors when i had any, and from people on this forum like dov. From the other side though i kept feeling like maybe all of these people are mistaken? Maybe we all just disappoint with our actions and are awaiting massive retribution? I have spent my life really thinking at least in hindsight most of the time, on what the results of my negative and destructive behaviors and actions had on my experiances that await me after death. But none of that stopped my negative behavior, largely because i kept feeling hopeless from my misunderstanding of my own knowledge. But then again i kept trying to do positive and healing actions too. Which might explain the epiphanies i started having. True i and many many others might have much to deal with both here and after, but if that were the be-all-

end-all then we would perish long ago. But we are still here, and its not like we are like others who are completely unrepentant. On the contrary most of us are humbled and humiliated on our own and would never do any of the things we have done if we truly understood ...and we regret these things always. So maybe there is more to it, maybe Hashem is soo much more benevolent than any truly understand. When one starts to contemplate on the things that might really matter to the One who controls all, one might see Him everywhere at once. Like moshe, sometimes it just means to stop and see why the bush is NOT being burned.

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

Posted by Dov - 16 Dec 2016 03:55

Just read this, old friend. Now this contains evidence of some real progress...precious.

Hope you are dping ok and look fwd to more posts, calls, or whatever.

Be well, chaver

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

Posted by laughingman - 08 Jan 2017 09:16

I havent posted in a whileor communicated with anyone from here at all reallyi have been taking a looooong hard look at what i really think and what i really want to accomplish in lifealso what i CAN accomplish at this pointi have been doing betterbut financially it has been pretty scary

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