

(trying to) Keep Smiling - Log

Posted by smiley1900 - 12 Sep 2013 08:17

Hi everybody!

While in the process of "fixing" myself in other areas of my life and in the spirit of the new year and aseres yemei teshuva, I'm going to take a shot at the 90 day chart.

In my intro

(guardyoureyes.com/forum/19-Introduce-Yourself/218879-Re-%28trying-to%29-Keep-Smiling) I claim that I am not "addicted" but (wrongly, yet) willingly using inappropriate behavior as a form of stress relief. So, in addition to being a tool for stopping this bad habit, it will also give some insight into the truth of that statement...

For me the biggest part of making this happen is finding healthy ways of stress relief. I find meaningful communication to be a tremendous stress reliever, so, you'll probably be hearing

I've been involved in the process of breaking bad habits recently so I am confident (as opposed to over-confident) in the chances of success.

Wish me luck!

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Re: (trying to) Keep Smiling - Log

Posted by smiley1900 - 03 Oct 2013 23:48

Dear YH of Fantasy,

I see that you are the real trouble maker here, I'm on to you!...

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from me...

Re: (trying to) Keep Smiling - Log
Posted by Dr.Watson - 06 Oct 2013 16:41

Nice going Smiley.

btw, I can't believe that someone called smiley can't find a suitable avatar

KOT

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Re: (trying to) Keep Smiling - Log
Posted by Dr.Watson - 06 Oct 2013 16:42

Nice going Smiley.

btw, I can't believe that someone called smiley can't find a suitable avatar!

KOT

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Re: (trying to) Keep Smiling - Log

Posted by Gevura Shebyesod - 06 Oct 2013 17:17

It's kinda hard to get 1900 of them into that little box...

There are 625 checkerboard squares so you would have to get 3 smileys into each one.

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Re: (trying to) Keep Smiling - Log

Posted by Dr.Watson - 06 Oct 2013 17:22

easy

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Re: (trying to) Keep Smiling - Log

Posted by smiley1900 - 06 Oct 2013 19:47

To paint a smile onto everything is a small kuntz, the real trick is to find the smile inside what we

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Re: (trying to) Keep Smiling - Log

Posted by tryingtoshteig - 07 Oct 2013 16:39

[smiley1900 wrote:](#)

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Re: (trying to) Keep Smiling - Log
Posted by tryingtoshteig - 07 Oct 2013 16:55

I'm not trying to pressure you or anything...

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Re: (trying to) Keep Smiling - Log
Posted by smiley1900 - 07 Oct 2013 17:39

Lol

Nope, you changed my avatar and pasted a smile on it... Try again.

P.S. In case you were wondering, I'm still sticking to the chart. Whoever said my determination to prove I am not an addict is what's keeping me going, might be right and might not, but either way, if the problem can be viewed the same way regardless of whether it's an addiction or not, why can't the solution be viewed the same way regardless of whether it's to prove a point or not?...

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Re: (trying to) Keep Smiling - Log
Posted by smiley1900 - 13 Oct 2013 06:21

Hi, haven't been around for a while, I guess I've moved on to other things while trying to "mainstream" myself, I think I'm getting there...

Gut voch and hatzlocho!

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Re: (trying to) Keep Smiling - Log

Posted by pischoshelmachat - 16 Oct 2013 20:51

Hi Smiley,

i just want to say hello. I am a few weeks behind you although I joined GYE a while ago. I am so happy for you and welcome you joining this group. Although the chat and this forum worked great at first, I fell bad after 55 days and now I am participating much more because I know that i need the support to stay sober. I would be happy to share my experience with you and even speak anonymously with you if you wish. Let me know and i will show you how we can speak anonymously.

Keep up the good work...you are being mechazek me and many others.

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