

My log

Posted by StonerDan - 12 Aug 2014 16:10

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First time doing this

Not feeling very inspired....

Hoping to gain discipline

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Re: My log

Posted by StonerDan - 31 Aug 2014 20:56

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Keeping my life full of constructive things is an amazing way to live clean.

Learning, Praying, working on my Music, Exercise...

Loving it.

Gonna keep it day by day

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Re: My log

Posted by StonerDan - 01 Sep 2014 22:26

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Thanks 94 I needed that.

But now that i'm aware i can take care of it!

yay!!!!

Feeling very very tired, I've over-strained myself....  
Much love

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Re: My log  
Posted by cordnoy - 03 Sep 2014 15:28

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Keep shteigin'!

Keep takin' care of yourself!

b'hatzlachah

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Re: My log  
Posted by StonerDan - 07 Sep 2014 22:08

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I can honestly say my life is hugely different since i started to seriously commit to shmiras habris  
on Tu B'av

I love and thank you all

Day by day.

Much love

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Re: My log

Posted by godhelp - 08 Sep 2014 06:04

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Keep it up dude you are doing great.

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Re: My log

Posted by StonerDan - 20 Oct 2014 16:55

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70 days! feel great about it, I'm quite amazed

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Re: My log

Posted by dms1234 - 20 Oct 2014 20:44

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Wow! Could you explain to what have you done? How have you accomplished that?

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Re: My log

Posted by StonerDan - 23 Oct 2014 19:55

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Few things, 1) taking care of all my needs, physical mental, emotional, spiritual.

2) Staying productive and creative 3) Staying away from triggers.

I've just fallen though. Going to strengthen myself with the above 3, and I'm learning again to really be super sensitive to my needs, if I'm being stressed or strained, because that's my main

trigger, when I get too worn out, and then act out.

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Re: My log

Posted by StonerDan - 25 Oct 2014 22:58

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Feeling good about winter zman.

my approach is to be calm, focused, relaxed, and always productive, while remembering to balance with healthy outlets, I actually have those chills scheduled into my weekly schedule.

much Love

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