

My log and feelings.

Posted by thetest - 19 Aug 2014 01:54

Hi all. So I fell today after 3 weeks clean. I feel down, but I've read enough to know that I have to keep my head up, because there is another day tomorrow, and because the Y"H feeds off of remorse and pity.

I try to learn a little bit everyday, and I slacked off this weak. I wasn't giving my best to connect with Hashem, and I put myself in some bad situations.

I've been trying to keep clean for a long time. I'm pushing forward and making strides. So far I haven't been able to hold back for extended periods/completely. We all know Albert Einstein's definition of insanity, and so after I fell today I thought it was time to start something new. I've never posted, I've been pushing it off too long.

The first thing I did after I fell was go straight to the Mishna I'm learning and just sit and learn. The second is this post.

I don't know how it will go. Just wanted to get my thoughts out there.

Thanks and Hatzlocha.

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Re: My log and feelings.

Posted by Shmeichel - 11 Mar 2015 16:11

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the whole month is full of joy

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