

Better start now [a log]

Posted by long breaths long days - 02 Feb 2015 23:14

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Hello friends!

I will be starting 90 days. I don't know about how well I've done in the past because I...don't know, but at any rate, working on this with cheshbonot, and public ones no less, seems like a wise step.

I think I can commit to an entry every two days, so I am going to follow a rav's rule of thumb for goals and half that to, b'li neder, at least one entry per four days.

Notes on stepping in: The following are things that should get done in the near future, b'li neder: (1) filter for smartphone, (2) reporting software for all devices, (3) look into email reminders for the chart.

I am thankful to be here.

Chazak ve'ematz!

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Re: Better start now [a log]

Posted by long breaths long days - 13 Feb 2015 03:22

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Hmm...

Let's keep this one short.

This site is intoxicating the same way Rabbi Nachman's stuff is intoxicating. Everything said is

so...simple (not easy), (

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Re: Better start now [a log]

Posted by long breaths long days - 15 Feb 2015 16:17

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Got through reading the first 21 attitude principles. Those are going to take some review. Hugely inspiring stuff, though. Big book comes next (while reviewing principles).

Had a keri. Yeah that's bad, but probably better than mz"l. Remember, self: minimum expectations. Minimum is plenty. Keep up the work. Coincided with a weird dream about a popup that wouldn't close when I tried to click out of it. Thank you, filters, for preventing this nightmare from turning real.

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Re: Better start now [a log]

Posted by long breaths long days - 18 Feb 2015 16:44

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School-related stuff's in pieces, stuck in my own head a lot, having trouble. I keep finding myself reading the AA big book or...other self-help-ish stuff, when reality is there's work to do.

Pretty sure I'm helpless. Step one, yay! Big Book says it nicely...I just sort of get caught up in things and forget pretty much anything I hold dear...not much to do about that. Better get some help.

Some lust thoughts, but I just sort of ignore them.

The AA big book is refreshing. Feels...stereotypically Litvische. Idunno.

So far so good, relatively speaking. I really like the parable of the tanker turning around in its

own current (it's there somewhere in the chizuk/parables section).

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Re: Better start now [a log]

Posted by long breaths long days - 22 Feb 2015 21:31

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I seem to be figuring it out...sort of. Figured out how to have a normal conversation, figured out

I keep being really tired and not getting things done. Tried sleeping, didn't help. Not sure what to do next.

Computer broke thursday night...the time without was unusually productive. Well, except the whole tired thing.

I've had a few more nisyonos today and yesterday than usual. They come when I'm alone, trying to work, and having trouble. how to walk upright...both were a bit weird...I won't panic if I go back into it, repeatedly.

Working on a grudge list...it's big. I didn't know I had something against so many people...I thought I liked them! Interesting...

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Re: Better start now [a log]

Posted by serenity - 22 Feb 2015 21:52

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When I passed those ninyonos in the 1st days, it gave me so much pleasure? To you feel successful?

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Re: Better start now [a log]

Posted by long breaths long days - 23 Feb 2015 03:02

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Thanks for the reminder.

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Huh, I apparently didn't even notice those gifts as gifts.

Re: Better start now [a log]

Posted by long breaths long days - 26 Feb 2015 03:52

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Had a rough night...midterms are coming up, and it seems like my mind wants to do anything but engage the stress and actually do the stuff there is to do. Last night I was "saved by the bell" as I was too exhausted to do anything but sleep. Today, too, I was apparently very tired, and fell asleep as things were getting rougher.

My guess is that being tired doesn't help my willpower to do work or to pass these tests...if narcolepsy is the cure, so be it. ^\_^

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Re: Better start now [a log]

Posted by yiraishamaim - 26 Feb 2015 04:34

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Be careful. Taking tests is very stressful. You don't want to act out as a release of tension. Think of a good alternative. Food Snack, roaming the forum.

stay strong o young warrior!

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Re: Better start now [a log]

Posted by long breaths long days - 01 Mar 2015 21:21

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[yiraishamaim wrote:](#)

Be careful. Taking tests is very stressful. You don't want to act out as a release of tension. Think of a good alternative. Food Snack, roaming the forum.

stay strong o young warrior!

Food snacks are helpful; showers are helpful...sleep is helpful. Cold water on hands is helpful.

Not really a very productive few days, even though there was an expectation that they would

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Re: Better start now [a log]

Posted by yiraishamaim - 01 Mar 2015 23:53

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Still clean and your not very productive?

You bet you are.

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Re: Better start now [a log]

~~be still clean though~~  
Posted by long breaks long days - 05 Mar 2015 17:01

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Thanks yiraishamaim...you're right, of course.

Tactics:

Food snacks are still helpful. When I feel that my hands and feet are hot, it helps to stick one or the other in cold water. (Doesn't matter which, though the feet are bigger so the effect is more dramatic, and also you can use a computer with wet feet. Alternate hand washing like we do in the morning is really nice too, though.)

There's a big popcorn tin I've been using to soak my feet...(cold tap water plus two ice cubes, one by each foot.) it's getting rusty; better replace it with a real tub.

Daily chizuk emails are helpful in slumps when I don't want to do anything else...reading is easy, and checking email is easy, whereas sometimes opening Chrome to access the GYE website to log in to post feels hard.

Transients:

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Even so, a hard few days in terms of lust. I found myself with a lot more impure thoughts than usual. Low energy, low motivation. Didn't properly plan for Purim. Had a relatively strong awareness of the pull of some billboards and magazines sitting around campus.

I "forgot" to self-regulate with food/cold water/friends/accomplishments, and I allowed things to get worse. I was even reluctant to ask G-d for help. I allowed some thoughts to grow that I shouldn't have allowed to grow. Didn't fall, read the daily chizuk emails...forgot about most of the other stuff, though. But, well, here I am again.

I talked with a long-time friend, and resolved to learn some sort of craft this summer (e.g. metalworking. Will seek parents' approval.) Those two things together helped a lot.

To the point where I even got some schoolwork done.

31 days! Here comes 32!

L'Chaim B'Hatzlacha!

A Freilechen Purim

Good things coming...

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Re: Better start now [a log]

Posted by newaction - 05 Mar 2015 19:24

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LongBLdays you are keeping yourself busy and very active doing good stuff , no time even for a bad thought to enter , that is remarkable !! KOMT !!

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Re: Better start now [a log]

Posted by long breaths long days - 06 Mar 2015 18:59

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chabad.org's thought of the day says, among other things: "Joy breaks through all barriers." I am excited about what the future holds, and am in a state where I am in danger of taking on more things than I can handle in the next slump.

I should be careful not to do anything that will lose me the support of people who care for me...e.g. my parents aren't so hot about my plan to learn welding this summer, then do it a lot.

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This morning is unique in that I see a lot of ways that I can facilitate my life to improve right now, from where I sit. But I need to be careful to set modest goals, and not too many at a time, and not to hold myself to all that is possible, because each thing is truly long-term.

I had another night event this morning...A reminder that I've been free from a certain aveira for over a month. Progress is progress is progress. :D

Good Shabbos to all

L'Chaim B'Hatzlacha

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Re: Better start now [a log]

Posted by long breaths long days - 08 Mar 2015 02:07

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Had what I think was a fall. Not sure why I never blocked youtube...youtube has now been blocked.

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