

Progress Journal (observations on the process)

Posted by failedregent - 14 Nov 2016 05:25

B"H

I am beginning the 90 day chart, with my last fall not 24 hours ago. I'm going to try to post here twice a week or more. I want to change this dark habit for Hashem and to dismantle the life draining walls that it has erected around me. I feel like it desensitizes me to my work, family, and avodas Hashem. I can even feel it, albeit like a numb limb, creeping into my thoughts and interactions throughout the day. I have a wonderful wife who I love, and incredible children (so many Brochos!), and if I were not too numb, I know I would hate myself for my all encompassing selfishness. I know I am disgusting right now, but I really do think that I can create positive change in the world and make a dierah for Hashem. Hopefully, with this journal and 90 day chart, I can get to a place where I am able to effectively examine these tiivos and redirect that koach towards that which I was created to do. Bez"H

-Failedregent

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Re: Progress Journal (observations on the process)

Posted by Markz - 14 Nov 2016 11:23

Hi FG, great move!!!

KEEP ON TRUCKING!

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Re: Progress Journal (observations on the process)

Posted by cordnoy - 14 Nov 2016 12:47

Welcome

B'hatzlachah

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Re: Progress Journal (observations on the process)
Posted by Mitgaber - 14 Nov 2016 15:27

b'hatslacha!

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Re: Progress Journal (observations on the process)
Posted by 360gye - 14 Nov 2016 17:14

Welcome,

Good luck to you

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Re: Progress Journal (observations on the process)
Posted by gibbor120 - 14 Nov 2016 21:11

Welcome! Making a "deirah for Hashem" is a noble cause. I found that trying to be a functional healthy person was more helpful for me. Learning to accept and embrace the reality of the person I am without fantasizing about what I wish I was.

This may sound like chinese to you, but stick around, it may make sense yet.

Check out the "dov quotes" in my signature. Keep posting!

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Re: Progress Journal (observations on the process)

Posted by Singularity - 16 Nov 2016 09:43

Woohoo! Another soul who has snapped out of denial!

May only Hashem guide you from hereon out.

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