

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 26 Dec 2017 11:58

[GrowStrong wrote on 26 Dec 2017 11:50:](#)

encouraging and thoughtful that i know i can do this for good !

hilarious

And Baruch M'chayay Hamaysim thanks for checking in on me

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Re: I will make it b'e"h

Posted by mikestruggling - 26 Dec 2017 16:49

in SA we are told to share our "experience strength and h***"

h*** I didn't offend you or anyone who says h*** is a four letter word

in SA the only "h" word is hell because we're "not bad getting good, we're sick getting well"

Warning: Spoiler!

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Re: I will make it b'e"h
Posted by MayanHamisgaber - 26 Dec 2017 18:00

lol

?no offence if there should be someone to apologize to it should be Cordnoy as I was copying him

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Re: I will make it b'e"h
Posted by MayanHamisgaber - 27 Dec 2017 13:28

Was just walking home and a big trigger walked by me I looked away within 3 seconds and really wanted to look again but thought of my wife and did not

Feels good...

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Re: I will make it b'e"h
Posted by cordnoy - 27 Dec 2017 15:19

[MayanHamisgaber wrote on 27 Dec 2017 13:28:](#)

Was just walking home and a big trigger walked by me I looked away within 3 seconds and really wanted to look again but thought of my wife and did not

Feels good...

I thought of my wife as well.... That's why I looked in the first place. Then thought of her again.... That's why I turned around and took a second look...

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 27 Dec 2017 18:09

[cordnoy wrote on 27 Dec 2017 15:19:](#)

[MayanHamisgaber wrote on 27 Dec 2017 13:28:](#)

Was just walking home and a big trigger walked by me I looked away within 3 seconds and really wanted to look again but thought of my wife and did not

Feels good...

I thought of my wife as well.... That's why I looked in the first place. Then thought of her again.... That's why I turned around and took a second look...

?But in all seriousness: Now I would also think of my wife and look three times

Why does it have to be that everytime I am in a good place I come crashing down...

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Re: I will make it b'e"h

Posted by tzomah - 28 Dec 2017 09:17

it's not a question of up or down thinking of your wife is just a trick

it's good for the short term not to look at a chick

but it aint gonna stick

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 28 Dec 2017 09:32

Thanks for the reply Tzomah

Let me just be clear with what I meant:

I understand that thinking of the wife is just a trick(although it can be powerful at times)

What I meant was why when I am in a good mood or things are going well almost always within a few hours I get this really frustrated edgy feelings that make me intolerant of even the smallest things and then I get angry at the world for the littlest things that normally wouldn't bother me

p.s. wife went out last night and was baby sitting the kids who were sleeping. One child was throwing up so I held her to help calm her down and ended up getting very wet as we just finished toilet training but given the circumstances there was an accident. I took a deep breath looked up and said I cannot do this please help me Hashem and almost immediately felt very calm. Mind you this was in middle of me cursing out the world for having to clean a bunch of throw up from clothes and towels and a really messy house.

Hatzlacha everyone

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Re: I will make it b'e"n
Posted by tzomah - 28 Dec 2017 09:42

i can totally relate to this feeling when you are in a great mood and pitom anger from left field

i came to realize that it is from shame meaning there crops up a feeling that don't deserve this you disgusting lusting idiot (subconciuous) and i start to get angry and frustrated seemingly at the world but it's really from the uncomfortable contrasting feelings of being in a good mood undeservingly

your p.s. story is great it has been happening to me too much more often too

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Re: I will make it b'e"n
Posted by MayanHamisgaber - 28 Dec 2017 11:41

I need to think if I have this shame or not but I tend to think that I do not have it I do not consider myself an addict just a good person with some bad tendencies (others call it a yetzer hara) is there really shame in being human and having a need to work on oneself? I think not.

Thanks for the responses

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Re: I will make it b'e"n
Posted by tzomah - 29 Dec 2017 10:10

i don't consider myself an addict either

doesn't mean there aint no shame

i also don't feel the shame when i get upset at the world cuz i am shaming them instead

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Re: I will make it b'e"h
Posted by MayanHamisgaber - 30 Dec 2017 16:42

Tzomah

So you think there is shame in being a person who needs to work on his "middos" or character flaws?

If yes can you explain why

Thanks

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Re: I will make it b'e"h
Posted by tzomah - 30 Dec 2017 20:19

what there is and what you feel aint the same thing

i don't think there is any shame

but for some reason if your caught in a bad situation you might feel embarrassed or ashamed

why if it's so normal to be a person who just has to work on his middos

your obviously feeling some shame

my kid is not ashamed to show he is angry

but i am why?

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Re: I will make it b'e"h
Posted by youcan - 31 Dec 2017 05:23

Why are people ashamed to be sick? I know of a person that has a life threatening cancer but it looks like her biggest problem with it is that people know she's sick.

Why are people ashamed with a father that has Alzheimer's? It's not even them, it's their father...

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