

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 - 03 Jan 2018 19:13

Amen

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

I am only holding where I am because I have been trying to understand what people here have been telling me.

Unfortunately "letting go" does not work for me and I do not want to elaborate on this right now

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Re: I will make it b'e"h

Posted by cordnoy - 03 Jan 2018 19:55

[tzaddik212 wrote on 03 Jan 2018 19:01:](#)

Regardless if it is a Confession or an Admission, Mayan Hamisgaber I wish You success in your new Kabalah, and may you always be pure and clean.

It is time to stop to be Medakdek on others terminology, Lets leave the Lomdos and the Dikdukim for the Beis Medrosh.

What works for me when i am stressed, is that i bring Hashem in the stress, and i do my chores according to Hashem priorities. What would hashem wants me to do first, and another tool i use,

is that i "Let God, Let go". I cannot control my outcomes, and i am not trying o control other,s i am only striving to be the best that Hashem intended me to be.

Actually, terminology and wordin' is extremely important, especially when it is definin' someone's mindset.

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Re: I will make it b'e"h
Posted by youcan - 03 Jan 2018 21:45

As long as nobody takes it personal...

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Re: I will make it b'e"h
Posted by cordnoy - 03 Jan 2018 21:58

[youcan wrote on 03 Jan 2018 21:45:](#)

As long as nobody takes it personal...

Especially when they take it personal.

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Re: I will make it b'e"h
Posted by tzaddik212 - 03 Jan 2018 22:04

Haha Cordnoy, youre tough.

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Re: I will make it b'e"h

Posted by Workingguy - 03 Jan 2018 22:52

[MayanHamisgaber wrote on 03 Jan 2018 18:08:](#)

I have a confession to make

There is a certain site that gets thru my filter that I can watch trailers of movies nothing xxx but enough that I know it makes my struggle so much harder.

I hereby commit to not going on to that site for the next month bl'n.

I need to do this now as stress is most likely to happen just before a major move and I need to help myself as much as I can. And yes I will call someone from my contacts when I need to vent or cry or whatever.

I think I have the same hole in my filter- and I love movie trailers. I stopped going there Because it makes things too difficult. However, you should know that if we share the same floor there is a way to lock it down also although I haven't found it necessary to do that

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Re: I will make it b'e"h
Posted by LoveU,Hashem - 03 Jan 2018 23:48

Nu cord??

Get it out. The oilem is waitn'...

(I still need an elaborate explanation of this n' tendency of yours..)

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Re: I will make it b'e"h
Posted by cordnoy - 04 Jan 2018 00:43

Confessin' one's sins is a type of absolvment. Forgive me father and be done with it. Open the curtain, knock on the glass window, recite, "I shpritzed," draw the curtain, exit, drive to the corner and pick up a partner for an hour.

Pheh! Accomplishes nothin'.

Admittin' one's defects - especially to others is powerful. We are now not tortured by loneliness; we do belong. By bein' honest, we obtain humility. It brings about the willingness to take advice and accept direction from others. We will no longer be self-deceived and delusional.

Oh, and by the way, read the white book.

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Re: I will make it b'e"h
Posted by Markz - 04 Jan 2018 03:59

I like it when cord' is stirred from his hibernation down in anchorage... whoever did that should be blessed

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Re: I will make it b'e"h
Posted by cordnoy - 04 Jan 2018 04:12

[Markz wrote on 04 Jan 2018 03:59:](#)

I like it when cord' is stirred from his hibernation down in anchorage... whoever did that should be blessed

ICordnoy don't!

They say that these gloves are textin' gloves, but like most of my life, that's baloney.

And by the way, every time I type the letter I at the beginnin' of a post, it immediately types Cordnoy, and need to delete it. Well, I'm not in the mood.

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Re: I will make it b'e"h
Posted by MayanHamisgaber - 04 Jan 2018 12:23

Well I already did not stick to my commitment so I am considering it a fall because I need to train myself to be careful even from the small things that lead me to really act out.

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Re: I will make it b'e"h
Posted by serenity - 04 Jan 2018 15:00

[cordnoy wrote on 03 Jan 2018 19:55:](#)

[tzaddik212 wrote on 03 Jan 2018 19:01:](#)

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Yes agree terminology is big because it reflects and shapes attitude.

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Re: I will make it b'e"h
Posted by ayidel - 05 Jan 2018 09:23

hi i'm new here just wanted to know can anyone join anytime

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Re: I will make it b'e"h
Posted by MayanHamisgaber - 05 Jan 2018 09:39

[ayidel wrote on 05 Jan 2018 09:23:](#)

hi i'm new here just wanted to know can anyone join anytime

Of course you can after all this is a public forum

Welcome

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