

Journey of one day at a time

Posted by lhavenostrength - 10 Feb 2017 20:04

This is day one or perhaps it's day zero. I fell today. It wasn't much fun. I was clean for 32 days. That is about how long I usually go for. I really want to be done with this problem. I just want to be normal. My self esteem is crushed every time I fall. Somehow internal adversity is more painful than an external adversary. For if it's an external adversary, even if he's causing you pain, you don't take the blame for it. Only the pain. With the internal losses you get both. I suppose I'm my own worst enemy. Well I hope that was morbid enough for you, because I'd like to begin my journey.

=====

=====

Re: Journey of one day at a time

Posted by silentbattle - 28 Feb 2017 00:12

[lhavenostrength wrote on 26 Feb 2017 20:59:](#)

Day 16: I have a bit of an inferiority complex. I think it's driven by two things. One, my struggle (and failure) with lust. Two, my ineffectiveness and inability to do anything I need to do.

In my experience, inferiority complexes don't come from our current events...they're our perspective on current events based on our history, genetic makeup, etc. I think it's rare to have someone with truly solid self esteem lose that even after a year or two of failures.

But definitely, getting used to the idea of posting regularly, being aware of how you're feeling in a way that you can't hide from, and being able to reach out to other people is a huge help in really living life differently.

=====

=====

Re: Journey of one day at a time

Posted by Singularity - 28 Feb 2017 07:53

[cordnoy wrote on 27 Feb 2017 23:18:](#)

[lhavenostrength wrote on 27 Feb 2017 08:53:](#)

"Curb your enthusiasm", which on a normal day wouldn't be triggering, followed by "Hogan's Heroes".

My thoughts while watching "Hogan's Heroes": (directed at German Kommandant) Darn it, did you really need to have such a pretty secretary?

Definitely regular ups and downs of life. I'm 21 and I just haven't figured everything out yet.

Not quite a 7k, but still pretty vigorous. You do different exercises with very little rest between and then repeat for another circuit. Thinks it's call low interval training or something.

Btw did you know there is a live feed you can watch on YouTube of earth being filmed from the ISS?

Personally, I always had a thing for Lebeau.

That a movie or an exercise?

=====

Re: Journey of one day at a time
Posted by lhavenostrength - 28 Feb 2017 07:58

[Singularity wrote on 28 Feb 2017 07:53:](#)

That a movie or an exercise?

=====

Re: Journey of one day at a time
Character from "Hogan's Heroes"
Posted by GrowStrong - 28 Feb 2017 08:47

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

=====

Re: Journey of one day at a time
Posted by Ihavenostrength - 28 Feb 2017 09:03

Wish there was more Jewish entertainment. Actually just found a Jewish show called "soon by you".

Starting to see the importance of shmiras einayim. It's quite difficult though. In today's world you can't look anywhere.

=====

Re: Journey of one day at a time
Posted by Singularity - 28 Feb 2017 09:49

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

I keep reading it the ISIS livestream...

though that would be much less boring.

@strength: perhaps there's a gap in the market there. But it's a lose-lose. The more conventional chareidi you get, the more of nothing you watch. Yet the less conventional then wouldn't mind just enjoying regular entertainment (not bad stuff, like disney movies and the Avengers 5).

Maybe there's a nice middle-ground. You in that group?

=====

Re: Journey of one day at a time
Posted by cordnoy - 28 Feb 2017 13:03

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

Una, please tell Mr GS your rule.

=====

Re: Journey of one day at a time
Posted by GrowStrong - 28 Feb 2017 13:45

hmmm

no curb until i eat my greens?

=====

=====

Re: Journey of one day at a time

Posted by lhavenostrength - 28 Feb 2017 14:24

[Singularity wrote on 28 Feb 2017 09:49:](#)

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

I keep reading it the ISIS livestream...

though that would be much less boring.

@strength: perhaps there's a gap in the market there. But it's a lose-lose. The more conventional chareidi you get, the more of nothing you watch. Yet the less conventional then wouldn't mind just enjoying regular entertainment (not bad stuff, like disney movies and the Avengers 5).

Maybe there's a nice middle-ground. You in that group?

Gap in the market theory makes sense. I suppose I fall somewhere in the middle. This show (it's

on youtube) called "Soon by You" has a video where they make a pitch for funding. One of their selling points is that they are serving an "under-served" community.

=====

Re: Journey of one day at a time
Posted by unanumun - 28 Feb 2017 16:11

[cordnoy wrote on 28 Feb 2017 13:03:](#)

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

Una, please tell Mr GS your rule.

That's funny I planned on posting the following when i got to a computer:

As I have a kaballa not to google anything that Cordnoy references, please satisfy my curiosity and tell me, Is Lebeau a man or a woman?

=====

Re: Journey of one day at a time
Posted by cordnoy - 28 Feb 2017 16:26

[unanumun wrote on 28 Feb 2017 16:11:](#)

[cordnoy wrote on 28 Feb 2017 13:03:](#)

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

Una, please tell Mr GS your rule.

That's funny I planned on posting the following when i got to a computer:

As I have a kaballa not to google anything that Cordnoy references, please satisfy my curiosity and tell me, Is Lebeau a man or a woman?

Lebeau is French; makes no difference on gender.

=====

Re: Journey of one day at a time
Posted by unanumun - 28 Feb 2017 16:35

[cordnoy wrote on 28 Feb 2017 16:26:](#)

[unanumun wrote on 28 Feb 2017 16:11:](#)

[cordnoy wrote on 28 Feb 2017 13:03:](#)

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

Una, please tell Mr GS your rule.

That's funny I planned on posting the following when i got to a computer:

As I have a kaballa not to google anything that Cordnoy references, please satisfy my curiosity and tell me, Is Lebeau a man or a woman?

Lebeau is French; makes no difference on gender.

=====

Re: Journey of one day at a time
Posted by GrowStrong - 28 Feb 2017 17:27

[unanumun wrote on 28 Feb 2017 16:11:](#)

[cordnoy wrote on 28 Feb 2017 13:03:](#)

[GrowStrong wrote on 28 Feb 2017 08:47:](#)

Google tells me that's a character in Hogans.

I love curb! Cant wait for the next series :/

The ISS livestream is just boring sorry.

Una, please tell Mr GS your rule.

That's funny I planned on posting the following when i got to a computer:

As I have a kaballa not to google anything that Cordnoy references, please satisfy my curiosity and tell me, Is Lebeau a man or a woman?

Funny the way Cords put it also peaked my curiosity and i was interested to see it was a MAN!

=====

Re: Journey of one day at a time
Posted by Shteeble - 28 Feb 2017 17:52

Stop hijacking this thread.

There's quality stuff here.

=====

Re: Journey of one day at a time
Posted by lhavenostrength - 28 Feb 2017 20:00

Day 18: @GS this sentence is for you: I'm doing good, pretty, pretty, pretty, good.

~~Happy to google anything you need any time Una~~

Shmiras einayim is pretty cool. Firstly it helps to minimize triggers.

Thing is, in today's world especially if you use technology etc. you will probably come across some things even if you're careful.

Here comes into play the second reason why I think shmiras einayim is cool. When you are making an effort to guard your eyes, even if it's just not watching a music video which you see has a woman (immodestly dressed) in it, it's a game changer.

When you make these conscious decisions not to willingly look at these things, to be a bit more discerning as to what you watch, it sends a message to yourself that this "stuff" ain't for me.

Conversely, if you allow yourself to look anywhere, watch anything, but just say you won't masturbate or watch porn you send a conflicting message to yourself.

Trying to be clean is basically saying I want to live a better life, a more moral life, a life with purer thoughts and aims. It's **not** about having your head in the gutter, but refraining from actually drinking the murky water that's dripping from the pipe.

If you want to have a mind full of good thoughts, a life where you're occupied with things of worth, then how can you allow yourself to view things which **naturally** arouse lust and temptation within you, everything you're trying to avoid?

=====
=====