

Fresh thoughts

Posted by Ihavestrength - 24 Apr 2020 01:41

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Day 1: Hey all! Hope everyone is doing well during these crazy times. Today was the first day in my journey to 90 days, and I'm going to post everyday until 90 with G-d's help.

I've been on GYE for a while, with some breaks in between joining and now. Thankfully I've had a lot hatzlacha as a result of the help of many here and offline. This helped me stay "clean" for ).

In any case, I learned a lot from GYE, and it helped me hugely. In fact, I even achieved my first 90 days on GYE!

In addition to GYE, I've used many different resources in my journey (therapy, friends, family, groups, and reading). My involvement with GYE occurred mostly in the beginning of my journey, but there have been times where I tried to be active here again because I felt it may help me. Those attempts at revival were not very successful and I often felt like I had outgrown GYE. I always posted on my old thread and I think that contributed to making it difficult to start fresh; hence this new topic.

some very long periods of time, and some short periods as well (which is why I'm here now

In any case, sorry for the ramble. If for some odd reason you'd like to check out my old thread, you can do so here: <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/305558-Journey-of-one-day-at-a-time>

Thanks for reading if you made it this far. Hopefully I'll get to know some of you over these 90 days and I'll actually stick around this time.

G-d bless!

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Re: Fresh thoughts

Posted by Ihavestrength - 07 May 2020 01:46

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Day 3: Ok day BH. A lot better than yesterday. Made sure to take breaks during during work so I wouldn't get too stressed.

I get stronger urges at the end of the day for sure. Some of it is being tired. I think some of it comes from feeling like, crap, I'm going to need to do the same crap tommorow, basically not being super excited about the next day. It actually makes lessens those feelings once I realized that.

Im going to try and work outside the house tomorrow, I think I need the change of scenery. But hey, that's what I'm saying now. Tomorrow I'll probably find some excuse to be lazy. Or not, o guess we'll see lol

Ok, sorry for the boring ramble. Peace out and have a good night!

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Re: Fresh thoughts

Posted by Singularity - 07 May 2020 03:22

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Don't go out into the garden! Save it for a chol ha'moed trip.

Yes sometimes I feel the monotony of everyday life. My weekly attitude is like this:

וּבְמִצְוֵי יוֹם הַבְּכוּרִים וּבְכָל מָקוֹם שֶׁשָּׁם  
 גִּדְּוֵנוּ עֲבִידָה לְאִתּוֹיָיו (וְהַנְּעִיָּה צִיבֹר אֶזְנוֹ  
 רוֹאֶה סִימָן בְּרֵכֶה לְעוֹלָם : חֲדָי \*יֵשׁ דְּרוֹ  
 וְנִשְׁכַּר וְיֵשׁ דְּרוֹ וְנִפְסַר שֶׁשָּׁפֵל וְנִשְׁכַּר וְיֵשׁ  
 שֶׁשָּׁפֵל וְנִפְסַר דְּרוֹ וְנִשְׁכַּר דְּעִבְדִּי כֹּחֵל שֶׁבְּרָא  
 וְלֹא עֲבִיד בְּמוֹעֵל שֶׁבְּרָא דְרוֹ וְנִפְסַר דְּעִבְדִּי  
 כֹּחֵל שֶׁבְּרָא וְעִבְדִּי בְּמוֹעֵל שֶׁבְּרָא שֶׁשָּׁפֵל  
 וְנִשְׁכַּר דְּלֹא עֲבִיד כֹּחֵל שֶׁבְּרָא וְלֹא עֲבִיד  
 בְּמוֹעֵל שֶׁבְּרָא שֶׁשָּׁפֵל וְנִפְסַר דְּלֹא עֲבִיד כֹּחֵל  
 שֶׁבְּרָא וְעִבְדִּי בְּמוֹעֵל שֶׁבְּרָא אִמְרָא רַבָּא \*דְּהוּ  
 נָשִׁי דְּמִדְּרֻזָּא אִתְּנִי דְּלֹא עֲבִיד עֲבִידָהּ בְּמוֹעֵל  
 שֶׁבְּרָא מִשְׁמֵשׁ מִפְּקֻדָּתָא דְּהוּא דְּלֹא כָּל יוֹמָא  
 נָמִי לֹא קָא עֲבִיד אִפְּלִי הֵכִי שֶׁשָּׁפֵל וְנִשְׁכַּר  
 שְׁמִי חֲסִידָא וְכֹחֵל \*כִּי בְּדוֹל מְעֵל שְׁמִי \*חֲסִידָא  
 חֲסִידָא דְּרָא כִּי צִדָּא כָּאן בְּעוֹשֵׁי לְשִׁמְחָה וְכָאן  
 בְּעוֹשֵׁי שְׁלָא לְשִׁמְחָה וְכִדְרִיב יְהוּדָה (א) \*דְּאִמְרָא  
 רַב יְהוּדָה אִמְרָא רַב יְלֵעֵלִים יַעֲקֹב אִדָּם  
 בְּחֻדָּה וְכֹחֵל אִף עַל פִּי שְׁלָא לְשִׁמְחָה  
 שְׁמִי שְׁלָא לְשִׁמְחָה בָּא לְשִׁמְחָה : חֲדָי רַבָּנִן  
 זִי אִינוּ רוֹאֶה סִימָן בְּרֵכֶה לְעוֹלָם שֶׁכֵּר אִשְׁתִּיר  
 לִל עֲבִידָה וְכֹחֵל אִשְׁתִּיר בְּרֵכֶה לְעוֹלָם שֶׁכֵּר  
 וְכֹחֵל : חֲדָי הַמִּשְׁתַּחֲוֶה בְּקִנְיָם וּבְקִנְיָנִים  
 לֵם מֵאִי מִנְּבִיא כִּינּוּ דְּנִפְשִׁי אִשְׁתִּיר שְׁלָמָא  
 סִימְנָא וְכֹחֵל בְּרֵכֶה דְּקָא וְקִצְצִי אִילָנוֹת  
 יִפְתָּה אִינוּ רוֹאֶה סִימָן בְּרֵכֶה לְעוֹלָם שֶׁכֵּר כֹּחֵל  
 וְכֹחֵל אִין בְּדוֹן סִימָן בְּרֵכֶה לְעוֹלָם שֶׁכֵּר כֹּחֵל  
 זִי מִנְּעוֹת הַבָּאֹת מִגְּדִינָה דְּהוּם בְּשִׁלְמָא  
 בְּרֵכֶה שֶׁבְּרָא וְכֹחֵל \*יְהוּדִים נָמִי לֹא כִּי מִדְּלִיל  
 יֵם מִשְׁמֵשׁ \*דְּלֹא כָּל יִמָּא מִדְּרֻזָּא נִימָא אִילָא

from the 2 dots there (Pesachim 50b), go down and you can see the Shaphel v'Niphsad who doesn't work all week and works erev Shabbos. I applied that to myself, in yeshiva I'd be lethargic dreading every day, looking forward only to the meals really, then on thursday night (usually after a goon session with p and m) I had this overwhelming drive to be the best bochur, to learn all day and night, and this excitement would last me til around shabbos afternoon when I realise, OH MAN, IT'S GONNA BE ANOTHER LOOOONG LOUSY WEEK!!

Thank God things have improved immensely since then. I thank the program and all you guys here and God yes immensely.

Re: Fresh thoughts

Posted by Ihavestrength - 08 May 2020 04:06

@singularity Not the garden silly, a family member's office that isn't in use at the moment due to I ended up going today, so I guess I'm going to need to come up with something good for

Day 4: Ok, pretty stressful day. Might be due to medication, or not. Anyways, thank G-d, a lot of good as well, a lot to be thankful for.

It's weird, when I was younger days were so long. As I got older days flew by and didn't feel significant on their own. Counting days seems to give prominence to each and every day. Where oddly, I feel good about each couple of days clean, because I feel pretty intensely that they mean something and matter. For if they didn't, then why am I disappointed when I'm not clean. Again, not sure where this shift came from, cause I was once at a stage where I didn't

feel like anything mattered till I was at least past 90 lol.

Ok, I'm sure this was nonsense to most, misguided to some, and heresy to the rest, so I'll have pity and stop here. Honestly, so tired not even sure what I just wrote. Hope it's not too ridiculous.

Have a great and peaceful night!

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Re: Fresh thoughts

Posted by Ihavestrength - 10 May 2020 04:04

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Day 5 & 6: Yup, skipped a day. Before I knew it shabbos was coming and had no time to post

Anyways, thank God, Friday and Shabbos were OK. I printed out the GYE shabbos page they send out on the WhatsApp broadcast and read shabbos day, so that was nice.

Had a nice exercise sesh after shabbos which is always great for the mind and body. Ok, that's all for now.

Have a good night people!

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Re: Fresh thoughts

Posted by Ihavestrength - 11 May 2020 01:56

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Day 7: Good day today BH. I really utilized the weekend to be productive but also to do things ( ). So it was definitely a good reminder at how valuable and helpful Sundays can be.

I suppose the next step is to figure out how not to hate the week work

Ok, going to try and get some sleep so I can wake up early and get stuff done before work.

Have a great night people!

P.S. I'm really seeing Hashem's kindness in my life right now in a massive way. I hit a little  
and unclear. Sorry if that was super vague

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Re: Fresh thoughts  
Posted by Ihavestrength - 12 May 2020 03:23

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Day 8: Ok, day BH. Work can be stressful. Still haven't found a solution for that. I guess that's part of adam laamal yevolaid. Anyways, thank G-d there is a tremendous amount of good going on, which I'm sure that will rise for us. Be a massive easy guesser and unlimited kindness.

Ok, I don't even know what I'm saying I'm so tired. Ok, have a good night people!

Edit: Also, shout out to GYE for the daily GYE whatsapp boosts. They are awesome. If you haven't signed up, I got no idea what u r waiting for. They are beast.

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Re: Fresh thoughts

Posted by BHYY - 12 May 2020 20:07

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Keep up the great work!! Yeah, COVID is getting to me also...you're not alone. Glad you found a good outlet from work.

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Re: Fresh thoughts

Posted by Ihavestrength - 13 May 2020 03:34

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Day 9: Ok, day BH. Nothing incredible or anything, sort of hard, but I'll take it, it was OK. Brachos from Hashem can trigger an emotional response. The proper response is thanking him from the heart.

Ok, enough rambling lol. Have a great night people!

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Re: Fresh thoughts

Posted by Ihavestrength - 14 May 2020 03:57

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Day 10: Some difficult emotions today. Also, missing my pre-coronavirus life, apartment and belongings. I'm at the folks now, and would like to get back to my own place soon with more than the couple shirts that I brought home. When it will actually make sense to do that, only time will tell I guess.

Thinking and worrying about silly things as well. Small things. Tryin to let go of that.

Work is stressful. Seems like all my money just goes to rent. Anyways, thank God, another day. Gonna try again tommorow I guess. Till shabbos anyways. What choice does a man have

really?

Have an awesome night!

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Re: Fresh thoughts

Posted by BHYY - 14 May 2020 04:41

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I can relate. I miss my Yeshiva dorm, as un-luxurious as it was. Just the regularity of day-to-day. Bez"H soon!

I really appreciate your posts, you're keeping me going!

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Re: Fresh thoughts

Posted by Ihavestrength - 15 May 2020 05:36

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Day 11: Stressful day. Sort of at my breaking point on this whole covid thing.

On a somewhat separate note: Anyone have a link for somewhere I can view the fatality rate of coronavirus in the united states by age? Would much appreciate it!

Have an awesome night people!

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Re: Fresh thoughts

Posted by lionking - 15 May 2020 05:40

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I can send you all different types of statistics, however I think it borders on kefir and on insanity.

Let's admit that Hashem runs the world.

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Re: Fresh thoughts

Posted by Ihavestrength - 15 May 2020 23:39

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@lionking Thank you for your thoughts. I respectfully disagree however. Calculating risk is something we do every single day. It is not kefirah or insanity to use data to inform responsible decision making. The only reason you drive a car is because you know that the risk of death is low (regardless of whether you know the exact statistic or not). When there is great confusion regarding levels of risk (such as with coronavirus) it is hard for people to make good choices, collectively or personally.

12: Feeling quite depressed. I think I'm at my breaking point with the whole lockdown thing. I didn't work today. Just really couldn't. Didn't daven properly. Didn't do a whole lot of anything.

Sorry for the bad vibes. Hopefully shabbos will be nice although I'm sorta dreading it to be honest.

Have a great shabbos!

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Re: Fresh thoughts

Posted by Singularity - 16 May 2020 20:13

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Hold on there!!! The best is yet to come!

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