

Falling On sundays!

Posted by Mo613 - 11 Apr 2021 21:27

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Hey guys,

i need some advice. I been realizing a pattern, i keep on falling every Sunday. I have a filter and everything but some how i get around it. What do i do?

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Re: Falling On sundays!

Posted by Sapy - 11 Apr 2021 22:27

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Is it just the name sunday? Is it because of boredom, waking up late? Tired?

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Re: Falling On sundays!

Posted by EvedHashem1836 - 12 Apr 2021 03:22

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Hard to know because I don't know so much about you and what you do on sundays but my guess is you fall because your bored - while most days are full with either work/school/yeshiva or some other combo and shabbos is shabbos, sunday is kinda the empty day where theres a ton of time and not always enough to do to fill the time.

So my advice: fill the time.

Ideally fill it with Torah because that always leaves you feeling good after and your learning something too. What I find helpful is different podcasts (because I don't have to do much) or "light" english sefarim which don't need much investment because I find these things easier and can easily spend hours and hours on them. Otherwise do a project - clean your workspace or work out or whatever (your choice) just ideally something that will leave you feeling good afterwards vs feeling nasty. For me something that would leave me feeling nasty is watching TV/playing video games because I don't feel productive afterwards and I realized i pretty much just wasted my time.

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Re: Falling On sundays!

Posted by the.guard - 12 Apr 2021 11:20

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[Mo613 wrote on 11 Apr 2021 21:27:](#)

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Maybe try [this tool](#). For some people it works wonders!

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Re: Falling On sundays!

Posted by Mo613 - 12 Apr 2021 12:40

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Thank you so much! I love that advice! Will try it next Sunday B"H!

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Re: Falling On sundays!

Posted by Captain - 13 Apr 2021 01:41

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You can also try having your internet be shut off completely on sunday during the hours you are worried about. I'm not sure how to do it but some people have tried it (like to block their internet entirely late at night) and it helped.

Hatzlocha

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