

Connecting the days

Posted by connected - 05 May 2022 17:34

I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by connected - 20 Jul 2022 16:46

84 days

The furthest I've ever made it (I look forward to writing this line every day now...)

So, in honor of the last week, before reaching 90 days, my Personal Trainer decided to up the ante in my training regimen. He woke up in me the little monster that wants to masturbate. The monster, in turn, is trying to convince me that it's really I who's craving the selfish sexual gratification.

Hey, monster, I know who you are.

I am not going to be fooled by your sweet-talking.

It's not me; it's you (for a change).

To the rest of y'all, *Stay Connected*

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Re: Connecting the days

Posted by Lchaim Tovim - 20 Jul 2022 17:17

That monster is giving it's all cuz it sees how close you are to 90 days. It's great that you recognize that. Stay strong, you're about to earn another tuna sandwich

Warning: Spoiler!

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Re: Connecting the days
Posted by connected - 20 Jul 2022 19:34

[Lchaim Tovim wrote on 20 Jul 2022 17:17:](#)

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Warning: Spoiler!

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Nah, this time, it'll be legendary. You're invited over to make a Lchaim (Tovim)!

Warning: Spoiler!

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Re: Connecting the days

Posted by Lchaim Tovim - 20 Jul 2022 19:41

[connected wrote on 20 Jul 2022 19:34:](#)

[Lchaim Tovim wrote on 20 Jul 2022 17:17:](#)

That monster is giving it's all cuz it sees how close you are to 90 days. It's great that you recognize that. Stay strong, you're about to earn another tuna sandwich

Warning: Spoiler!

Nah, this time, it'll be legendary. You're invited over to make a Lchaim (Tovim)!

Warning: Spoiler!

We'll look at it and admire it's rich color. I'll drink my glass and then...

Warning: Spoiler!

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Re: Connecting the days

Posted by connected - 22 Jul 2022 14:44

86 days

The furthest I've ever made it (I look forward to writing this line every day now...)

I've been having a rough couple of days lately (all in preparation for the big ninety...), and today I got a gift from the Almighty. Well, we get many gifts constantly, but this one was obvious. I recently started relistening to the audio series from Rav Noach Weinberg ZT"L, "The 48 Ways To Wisdom", and today I was up to "#17 Harnessing The Power of Sex." Whatever I'll say will only serve to diminish it, so I'll just attach a link to the class.

<https://www.simpletoremember.com/media/a/345-17-wn790i-48-ways-17/>

If you don't have the patience to listen to all forty minutes of it, the last thirteen minutes hit the spot I needed. (In truth, I'd advise everyone to listen to all classes in the series.)

Stay Connected

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Re: Connecting the days
Posted by Lchaim Tovim - 22 Jul 2022 14:51

Thanx!! I love Rav Noach. Torah Anytime is missing that shiur.

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Re: Connecting the days
Posted by connected - 22 Jul 2022 20:21

A thought Lekavod Shabbos Kodesh.

(This is the way I understand it.) One of the biggest obstacles standing between a person and greatness is being afraid of changing. We're comfortable with our deficiencies and we're afraid

of being bigger than we currently are.

This is how I understand ?????? ??????. Letting go of the mistaken way.

We hold onto it for dear life because that's what we know, and we feel safe with it. It's our identity. We have to learn to let go.

Addiction means a human being held captive by "something".

A ??? means a human being holding on to "something" and not letting go.

As long as we hold on to it, we can't move forward.

Let go, and grow.

Shabbat Shalom

Stay connected

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Re: Connecting the days
Posted by Lchaim Tovim - 25 Jul 2022 15:36

[connected wrote on 18 Jul 2022 14:16:](#)

82 days

The furthest I've ever made it (I look forward to writing this line every day now...)

I used to open the 90-day chart, and I'd catch a glimpse of the names of great warriors up on top before it zoomed down to my position (usually around three days). After close to three months of what's probably the hardest - and the most rewarding - work I've done, I've made it near the top. Talk about an ego booster.

Now, here's my dilemma, in about eight days, when (not if) I'll click that "I don't have a fall to report" button, I'll be kicked off that prestigious position. Of course, one could argue that I'll be on The Wall Of Honor, which is superior, but I can't help but feel uneasy about the transition.

From a Torah-true perspective, I shouldn't feel this way. Chazal tell us ??? ??? ??????, ??? ??? ??? ???????. But still, it's sorta like after being the oldest in Elementary; we're suddenly demoted to the youngest in High School. Even though HS is for the big boys, you're the youngest all over again. (And the truth is, the members of the 90-day chart are in no way sly Foxes; they're Lions!)

Most people just submit to it. Such is life, and there's nothing we can do to stop the passage of time.

One wise man stood up, and Markz was (still is) his name, and said, "I have an idea! I'll stop updating my counter when I'm up there. The pinnacle will be mine indefinitely!"

And so, Markz set his plan in motion. It's an easy and effective plan. In fact, it's so easy; all you need to do is nothing.

But he made one fatal mistake. He stopped updating at 87 days. That means that two people can outsmart him in his own game.

Markz, I'm coming for you!

Stay Connected

You did it! You currently own 1st place!

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Re: Connecting the days

Posted by connected - 25 Jul 2022 15:47

[Lchaim Tovim wrote on 25 Jul 2022 15:36:](#)

You did it! You currently own 1st place!

Yay!!!

Warning: Spoiler!

Now I have to decide whether to execute my diabolical plan or just attempt to act like a grown-up.

I have but a few hours to decide.

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Re: Connecting the days

Posted by connected - 25 Jul 2022 19:54

89 days

The furthest I've ever made it (I look forward to writing this line every day now...)

Here's a line that came to me from a past life as I'm standing just a wee few hours away from 90 days.

You know that feeling you get when you're standing in a high place... sudden urge to jump?... I don't have it.

Yeah, neither do I.

Baruch Hashem for that.

Stay Connected

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Re: Connecting the days

Posted by Kavey - 25 Jul 2022 20:03

[connected wrote on 25 Jul 2022 19:54:](#)

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Stay Connected

LOL I totally do...

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Re: Connecting the days
Posted by doingtshuva - 25 Jul 2022 23:02

[connected wrote on 25 Jul 2022 19:54:](#)

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Stay Connected

Your doing great and keep it up.

Just have in mind and prepare yourself a new goal.

?Reaching 90 alone doesn't solve your addiction.

Once we reach 90 the **anderline** starts to fade.

?Good luck and don't forget to celebrate. you deserve it!!

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Re: Connecting the days

Posted by connected - 25 Jul 2022 23:37

[doingtshuva wrote on 25 Jul 2022 23:02:](#)

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Once we reach 90 the **anderline** starts to fade.

?Good luck and don't forget to celebrate. you deserve it!!

Thank you!

Yeah, I'm kinda apprehensive of what the coming days/weeks will bring. (The drag of Monday morning...)

Gotta stay vigilant.

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Re: Connecting the days

Posted by connected - 25 Jul 2022 23:38

[Kavey wrote on 25 Jul 2022 20:03:](#)

[connected wrote on 25 Jul 2022 19:54:](#)

89 days

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Here's a line that came to me from a past life as I'm standing just a wee few hours away from 90 days.

You know that feeling you get when you're standing in a high place... sudden urge to jump?... I don't have it.

Yeah, neither do I.

Baruch Hashem for that.

Stay Connected

LOL I totally do...

Friendly advice, don't jump.

There's nothing meaningful down there. Only the longing to be where you're at now.

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