

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 Kavey - 26 Jul 2022 13:53

Mazel Tov!

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Re: Connecting the days

Posted by connected - 26 Jul 2022 13:54

90 days

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

Did I just write "90"?!

I just started another thread where I posted some things that I learned in the last three months. I hope to update that thread as I gain more clarity on this subject while keeping this one as a journal of sorts.

<https://guardyoureyes.com/forum/2-What-Works-for-Me/383913-Doing-the-impossible>

Stay Connected

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Re: Connecting the days

Posted by Lchaim Tovim - 26 Jul 2022 14:18

I guess the allure of the wall of honor was just way to tempting LOL.

Mazel Tov!! It's been very inspiring following your journey!

How are you celebrating?

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Re: Connecting the days

Posted by connected - 26 Jul 2022 16:41

[Lchaim Tovim wrote on 26 Jul 2022 14:18:](#)

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Yeah, ultimately, it's all Shtus.

Mazel Tov!! It's been very inspiring following your journey!

BT! IY"H by you Oif Simchas! Thanks!

How are you celebrating?

This is a real conundrum, I'm out of ideas. Can anyone please weigh in and offer some advice?

Thanks in advance!

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Re: Connecting the days

Posted by Lchaim Tovim - 26 Jul 2022 17:24

Just don't forget about us on the other side of the wall...Keep posting

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Re: Connecting the days

Posted by Kavey - 26 Jul 2022 17:44

[connected wrote on 26 Jul 2022 16:41:](#)

[Lchaim Tovim wrote on 26 Jul 2022 14:18:](#)

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Yeah, ultimately, it's all Shtus.

Mazel Tov!! It's been very inspiring following your journey!

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How are you celebrating?

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Thanks in advance!

There is only one right answer...Dougies!

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Re: Connecting the days

Posted by connected - 27 Jul 2022 16:58

91 days

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

Back to school, work, or wherever your drag is.

The celebration was kinda lacking.

The wife was feeling under the weather, so we ordered in.

(Oh, by the way, I shared my journey with her on Shabbos.)

I have a theory that restaurants have a special team that makes sure that every order should be missing some random items.

What good is a straw without a drink? I'll tell you; it's as good as a sandwich without the sauce/dressing.

Does anyone here have inside info on how restaurants choose what to omit?

Is it random?

Is it based on research?

Ubereats refunded half of the money, but I'm still hungry.

I didn't have these issues with the tuna sandwich.

???? ?????, ???? ???? ?

Stay connected

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Re: Connecting the days

Posted by Lchaim Tovim - 27 Jul 2022 17:06

[connected wrote on 27 Jul 2022 16:58:](#)

91 days

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Stay connected

Straws, drinks, sandwiches?

This all we're going to get (Oh, by the way, I shared my journey with her on Shabbos.)?

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Re: Connecting the days

Posted by Gevura Shebyesod - 27 Jul 2022 17:13

What good is a straw without a drink? I'll tell you; it's as good as a sandwich without the sauce/dressing.

More like the sauce without the sandwich.

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Re: Connecting the days

Posted by connected - 27 Jul 2022 17:24

[Gevura Shebyesod wrote on 27 Jul 2022 17:13:](#)

More like the sauce without the sandwich.

Oh, that would be epic!

Warning: Spoiler!

I was just relaying the facts as they were...

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Re: Connecting the days

Posted by connected - 27 Jul 2022 17:42

[Lchaim Tovim wrote on 27 Jul 2022 17:06:](#)

Straws, drinks, sandwiches?

This all we're going to get (Oh, by the way, I shared my journey with her on Shabbos.)?

Mumbling to himself:

Thought you'd be able to slip that in and get away with it, did you?

Yes BH. It was received pretty calmly. (Well, it was packaged and presented well too.)

What I said, how I said it, and why I felt the time was ripe is a topic best held in the safe confines of the BB forum.

Or not.

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Re: Connecting the days

Posted by Lchaim Tovim - 27 Jul 2022 17:49

Whenever your ready we'll be waiting...for that and the storyteller by Grant. Talking about the storyteller, I think it's time for another reminder...

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Re: Connecting the days

Posted by connected - 28 Jul 2022 21:14

92 days

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

Brutal day.

I had a very frustrating morning. In the past, whenever I felt this way, I'd numb myself with the drug I had known since childhood.

Now I'm left to learn how to deal with the stress, frustration, and loneliness.

Raw.

But how?!

I'm like a two-year-old going to sleep for the first time without a pacifier. Only worse; my brain is more hard-wired than the two-year-old, and I had my pacifier for nearly twenty-five years.

Trying to *stay connected*

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Re: Connecting the days

Posted by frank.lee - 29 Jul 2022 01:18

Are you trying to go to sleep now, or you are just using that as a mashal?

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