

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 Nov 2023 17:41

[Hashem Help Me wrote on 19 Nov 2023 21:07:](#)

The Satan wants the yi'ush after a fall more than the fall itself.

I don't know if he wants it more, but it's certainly a good strategy he's got set up.

Dividens, my friend. It's the gift that keeps giving.

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Re: Connecting the days

Posted by chaimoigen - 21 Nov 2023 16:25

A rebbe of mine was wont to give

this pithy bit of advice :

When you're Davening and you have blown through most of Shemona Esre and you realise it, almost at the very end...

Dont say- " The NEXT Shemona Esre will be with Kavana." Just stop and have Kavana for this line right here, right now...

They are good words from a great man. He's on Yener Velt and left me on mine own.

(I didn't have the Koach to write it in poem form. If I get around to it, it should be in a Seussian meter and rhyme scheme)

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Re: Connecting the days

Posted by connected - 21 Nov 2023 16:43

[chaimoigen wrote on 21 Nov 2023 16:25:](#)

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this pithy bit of advice :

When you're Davening and you have blown through most of Shemona Esre and you realise it, almost at the very end...

Dont say- " The NEXT Shemona Esre will be with Kavana." Just stop and have Kavana for this line right here, right now...

They are good words from a great man. He's on Yener Velt and left me on mine own.

(I didn't have the Koach to write it in poem form. If I get around to it, it should be in a Seussian meter and rhyme scheme)

Only suckers put hope in the future.

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Re: Connecting the days
Posted by connected - 21 Nov 2023 17:02

Masturbation: waste.

Porn: cheap imitation.

Acting out: obsession.

Counting days: bigger obsession.

Sobriety: balance.

Lust: chaos.

Struggle: life.

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Re: Connecting the days
Posted by connected - 23 Nov 2023 16:24

?????? ???? ???? ?

I'm at a fork in the road. Again.

One side continues straight ahead and looks like a steep incline; the other veers slightly left and appears flat. (The third and fourth have traffic jams.)

I have no patience going up.

I know I shouldn't go left.

Staying where I am isn't an option.

Hoping for the best hasn't served me well in the past.

What do I want?

When I'm bent over with stomach pain, I can't remember what well-being feels like.

I know what I don't want, but that's not helpful.

I want to be productive. To work instead of surfing porn or GYE.

That would be the shallow, instant answer. The rabbit hole goes deep.

So help me, God.

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Re: Connecting the days

Posted by connected - 24 Nov 2023 15:03

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That's where I'm at now.

I've been here many times before.

But unlike in the past, I'm okay with it.

It is what it is.

And what it is, is nothing. Meaninglessness.

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Damn you, Rechnitz, trying to butcher a perfectly beautiful, morbid song.

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Re: Connecting the days

Posted by chaimoigen - 24 Nov 2023 18:12

Thanks for bringing back nausea- inducing memories of singing the original song in an empty Dira, all alone, in a black hazy cloud of numbed achingness. Ughh

long time ago...

I personally dislike the words "it is what it is". But hey, that's just like, my opinion, dude.

and what is this "is", anyways?

Here are my best wishes for a good Shabbos, with what warmth and meaning and good heart you may be able to find.

Chaim

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Re: Connecting the days

Posted by connected - 27 Nov 2023 15:42

[chaimoigen wrote on 24 Nov 2023 18:12:](#)

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I personally dislike the words "it is what it is". But hey, that's just like, my opinion, dude.

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Chaim

Nausea? I wish I'd known the song in Yeshivah. It would've given expression whatever I wasn't feeling.

I might not be able to tell you what "is" is, but here's Abe Simpson expounding on "it":

I used to be with it, but then they changed what 'it' was. Now, what I'm with isn't 'it' anymore, and what's 'it' seems weird and scary. It'll happen to you!

P.S. It's the dude who says that line, and finishes it with "man". It's bad enough what Rechnitz did to the song, don't mangle this classic too.

Shoin, it is what it is.

Or is it?

Yea. Yes, it is.

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Re: Connecting the days

Posted by chaimoigen - 28 Nov 2023 02:52

[connected wrote on 27 Nov 2023 15:42:](#)

P.S. It's the dude who says that line, and finishes it with "man". It's bad enough what Rechnitz

did to the song, don't mangle this classic too.

Shoin, it is what it is.

Or is it?

Yea. Yes, it is.

Yeah, I realized that afterwards, and considered going back to fix it, but I wasn't sure the Oilam would notice or mind. Ought to have known that you would...

Hey, you can take any rug you want.

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Re: Connecting the days

Posted by connected - 28 Nov 2023 16:32

Ogling: turmoil.

Acceptance: serenity.

Breaking free: death.

Giving up: illusion.

Trying again: follows the illusion of giving up.

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Re: Connecting the days

Posted by chaimoigen - 03 Dec 2023 15:21

I am thinking about you. Hoping that the "is what it is" is an "is" and not a "not-ising". Or is that not even a possibility, given that whatever it is, it is? Probably that's what it is.

Anyways, thinkin of you.

Chaim.

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Re: Connecting the days

Posted by connected - 04 Dec 2023 16:37

[chaimoigen wrote on 03 Dec 2023 15:21:](#)

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Anyways, thinkin of you.

Chaim.

In the most "no-ising" situations, it still is what it is.

I'm curious, when you think of me, what comes up (besides yesterday's burp)?

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Re: Connecting the days

Posted by chaimoigen - 04 Dec 2023 16:44

[connected wrote on 04 Dec 2023 16:37:](#)

[chaimoigen wrote on 03 Dec 2023 15:21:](#)

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Chaim.

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I'm curious, when you think of me, what comes up (besides yesterday's burp)?

It's more mysterious and enigmatic if I don't say.

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Re: Connecting the days

Posted by connected - 04 Dec 2023 16:50

[chaimoigen wrote on 04 Dec 2023 16:44:](#)

[connected wrote on 04 Dec 2023 16:37:](#)

[chaimoigen wrote on 03 Dec 2023 15:21:](#)

I am thinking about you. Hoping that the "is what it is" is an "is" and not a "not-ising". Or is that not even a possibility, given that whatever it is, it is? Probably that's what it is.

Anyways, thinkin of you.

Chaim.

In the most "no-ising" situations, it still is what it is.

I'm curious, when you think of me, what comes up (besides yesterday's burp)?

It's more mysterious and enigmatic if I don't say.

As long as said mystery isn't wrapped in a Twinkie.

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