

Enough being down

Posted by supremeone - 16 Aug 2022 14:22

Ok I am hoping people participate here, but if you don't that's cool.

Everyone is so down on themselves because they have this one issue and I do not think it serves anything by constantly drowning in sorrow.

Every day I will post something positive I achieved today, one regular and one in avodas hashem. Please feel free to contribute as well.

Today I got to Shacharis with a minyan nice and early and had a good Pesukei D'zimrah.

I have also crushed it at work, getting through another project.

I hope to hear other peoples positives stories! Remember you are a sum of many things, not just one thing!

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Re: Enough being down

Posted by Hopeful2022 - 19 Aug 2022 10:58

Just escaped the Yetzer after a BAD week. I woke up today fresh and ready to take on the world. I wrapped and davened with intense conviction this morning! I will win this DAY!

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Re: Enough being down

Posted by supremeone - 19 Aug 2022 11:43

Shtark, nothing like a good davening.

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Re: Enough being down

Posted by supremeone - 21 Aug 2022 17:32

Alrighty people, sit rep.

I learned over shabbos. so accomplished something good.

This morning i forced myself out of bed and two shul in 5 mins. I make the rules baby!

Did some revision for an exam coming up, 3 hour mock, if i do say so myself I am killing it.

Had a good work out too.

So on the whole, i did good today.

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Re: Enough being down

Posted by future paltiel - 22 Aug 2022 02:41

[supremeone wrote on 17 Aug 2022 07:23:](#)

Nice Beitzah!

Future Paltiel that is good stuff. What kind of work did you need to do on the car?

Fixed some scratches on the bumper and a bit of painting

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Re: Enough being down

Posted by future paltiel - 22 Aug 2022 02:45

[supremeone wrote on 17 Aug 2022 11:44:](#)

Hey Eyes!

The point of this blog is not meant to talk about our challenges in that area.

What I want is for people to talk about the areas they are proud of.

So you learn Rosh Hashana? That's impressive. Who cares if you looked at something?

Torah is more important, focus on that. Give yourself a feeling of self worth and maybe you will actually see that your other issues are suddenly getting smaller and smaller.

The Chachamim famously said, "if you feel the yetzer harah, go and learn." Why?

I would like to suggest, the yetzer harah only has power when you give it power. Your body only has control over you if you think it does.

Torah is the only thing which truly has power, and only if you let it! So I say go learn.

IF you cant learn however, i say the next best thing is do something constructive. Read a book,

go for a run, work out. Cook something. Why? First of all it is good to get your mind away from it, its like trying not to think about the pink elephant. The best way to stop thinking about the pink elephant is to stop thinking about the gray elephant. Its a mind trick, but you control it.

The other reason is because I have felt that the reason I spiral is because I feel worthless when engaging in pornographic material. I make it more than it is. I forget that I am the sum of many things.

I learn, daven, talk kindly to people. I read, love music, want to paint. I am on the whole pretty good. I have a small weakness as a man. I understand that weakness, but it does not define me.

So let us all focus on the good things we do and hopefully those good things will elevate us away from the bad. Guys try and post success stories liek learning, chessed, even giving a kind word to someone. I see enough of people saying they avoided looking at something or doing something. Focus on what good things you actively did.

I second that!

Btw you had a great idEaster to start this threday. Negativity is what keeps people on that vicious cycle of P/M and feeling depressed. If so, then positi it must be part of the way out...

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Re: Enough being down

Posted by supremeone - 22 Aug 2022 07:24

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Exactly! They say they definition of insanity is doing the same thing over again the same way expecting different results.

I want to try being positive and doing good things and working on other things.

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Re: Enough being down

Posted by supremeone - 22 Aug 2022 07:25

[future paltiel wrote on 22 Aug 2022 02:45:](#)

[supremeone wrote on 17 Aug 2022 11:44:](#)

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Re: Enough being down

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I get to sleep feeling satisfied.

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Re: Enough being down

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[supremeone wrote on 22 Aug 2022 21:24:](#)

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You are one serious dude.

what are you learning these days?

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Re: Enough being down

Posted by retrych - 23 Aug 2022 16:11

We started a gemach and its actually working out (moving boxes)

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Re: Enough being down

Posted by supremeone - 24 Aug 2022 11:07

You are one serious dude.

what are you learning these days?

Thanks! I am trying! But I am still pretty chilled I think.

I am learning avoda zarah. Into the second perek atm.

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Re: Enough being down

Posted by supremeone - 24 Aug 2022 11:08

[retrych wrote on 23 Aug 2022 16:11:](#)

We started a gemach and its actually working out (moving boxes)

Thats brilliant, thank you for sharing! Keep me posted on it's success.

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Re: Enough being down

Posted by supremeone - 24 Aug 2022 11:11

Just an update re yesterday, I was so busy I did not have time to post.

I got to minyan all three times, even though I was going out with friends I got mincha before and maariv I forced myself at 10.45 to go to the shteibel and I did maariv.

Did not sleep well though, not sure exactly why but hopefully I will be dead tonight and sleep

soundly.

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Re: Enough being down

Posted by supremeone - 25 Aug 2022 15:39

So I passed out last night. Felt like a good sleep.

Minyan three times that day and studied.

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