

Starting Again

Posted by pureheart - 07 Apr 2024 06:14

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After a very long time of basically giving up on trying to make a change, I am making a conscious decision to get back on track. I am also trying to improve alot of other areas in life right now (schedule, eating, exercise). I am hoping that by creating a successful environment for myself, I will have less reason to find myself looking to "escape". I am still nervous b/c most of my day is computer-based and falling is just one click away.

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Re: Starting Again

Posted by davidt - 07 Apr 2024 12:07

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[pureheart wrote on 07 Apr 2024 06:14:](#)

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Great decision to get back on track, we hope it will be with huge success!

What is your plan on dealing with the fact that most of your day is computer-based and falling is just one click away?

Do you use accountability software like [www.webchaver.com/](http://www.webchaver.com/) ?

Do you have someone to reach out to when you have a tough moment?

As they say "failing to plan is planning to fail..."

We hope to hear great updates from you!

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Re: Starting Again

Posted by pureheart - 08 Apr 2024 06:37

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It's a real question. I have always found a way of finding alternatives but that doesn't mean to give up.

The real issue is that as of right now, I am not sure the new charge on the credit card is one that I can hide. I think my wife is not open for that conversation. I think it will do more damage than anything else to say right now that there is a struggle. It might be taking the easy way out to not confront the topic but thats the case right now.

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Re: Starting Again

Posted by Shmuel - 08 Apr 2024 11:32

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[pureheart wrote on 08 Apr 2024 06:37:](#)

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No need to make it about a struggle. It's the right thing to do regardless of struggles.

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Re: Starting Again

Posted by eerie - 08 Apr 2024 17:14

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Welcome! Ah, what a beautiful name, Pureheart! Great ideas you have there

In Yiddish there's a saying "oifen ganav brent de hittel", which basically means that we think everyone realizes why or what we are doing. Like Shmuel said, having a filter is basic common sense, even for those that don't struggle. There's no need to 'have that conversation' about a filter. You can just say that you were inspired, want to be a good example, etc. If you have a family then you MUST put a good filter, whether you struggle or not. Just keep calm and

confident and tell her you feel this is a good thing to do, a zechus for someone, etc.

And, keep on trucking!

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Re: Starting Again

Posted by pureheart - 10 Apr 2024 06:47

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This all definitely makes sense. Thank you for the push to make it happen. I am going to see how I can approach it in a healthy way.

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