Generated: 21 August, 2025, 16:23

charoset a 90 day recipe Posted by DovInIsrael - 11 Apr 2010 11:02

i slipped. Ok - I fell!

kind of just snuck up on me.

too confident in my abilites. Guess I needed a shake up to put me back on track.

April 11 - Homsim (dry hot desert winds - like being in a convection oven.)

whats the message - maybe I need to do a better job of watching out for the hot spots - and the hot sites.

I used to blame others - my wife, the kids, my boss, my hernia... but this time the fault was all mine.

no body else to blame except myself. Maybe that is part of the recovery - taking responsibility for ones actions.

but this time will be different - I'll need a plan.

90 days of accountability.

aware of my actions. Will log my time at work, too - to make sure I don't slip into procrastination mode.

need to eliminate a field of dandilions - tried to uproot them (via 12-step ) program.

next option is to flood the area. In this case will flood with HaShe'm's light!

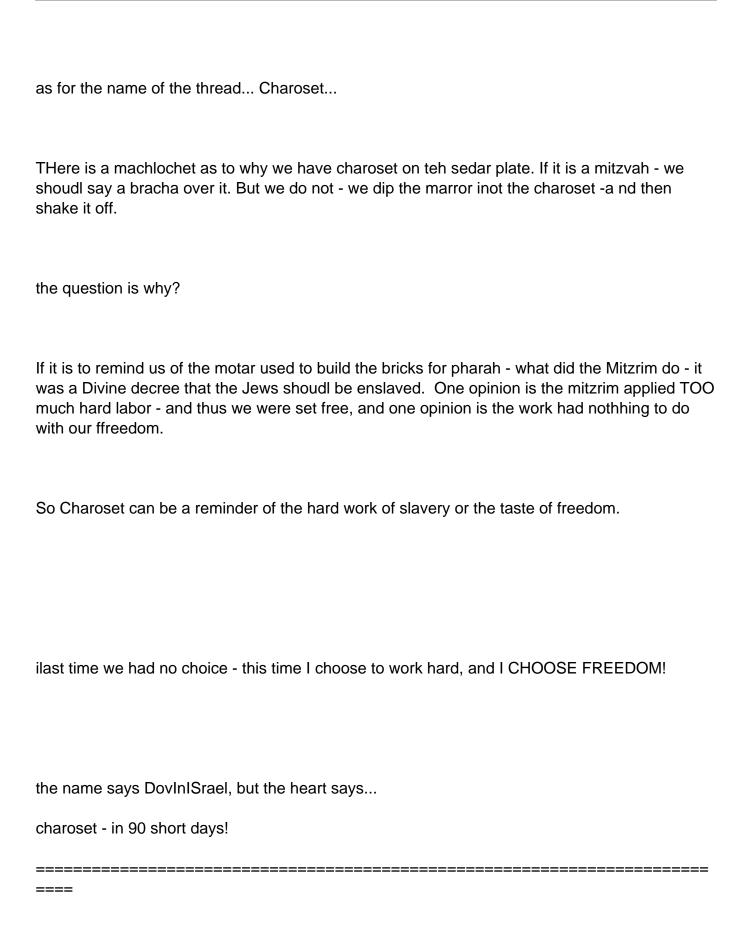
Will increse my learning.

make sure I drink more water.

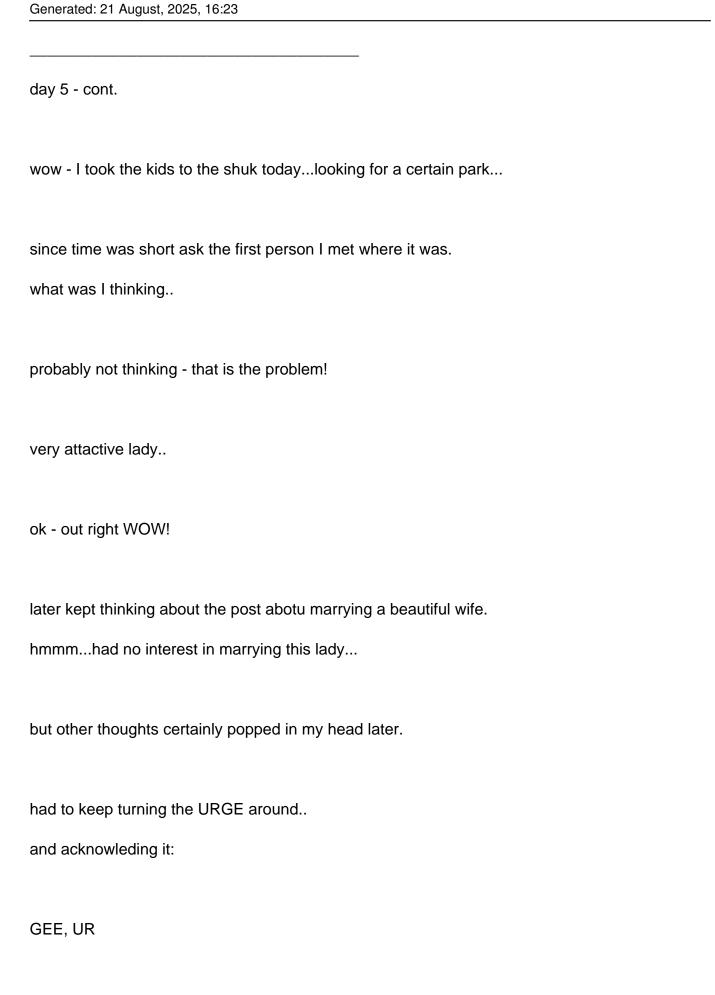
ok - so day 1 - nice to see you agian.



2 / 26



Re: charoset a 90 day recipe Posted by DovInIsrael - 15 Apr 2010 18:34



| hope I dont slip.  |
|--|
| ====   |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 17 Apr 2010 21:47   |
| day 6, 7 - shabbas   |
| always easier cause there aint no computer around.   |
| however it does mean that I need to be more aware of getting into arguements with my wife.   |
| had one in all fairness it was really her fault.  I should be more considerate and realize she has anxietyand grew up in a emotionally disfunctional family - and suffered verbal and emotional abuse. |
| i know all these things.   |
| but you what sometimes, maybe like just once, I would like to feel like I have been the receiver of someone's consideration, rather than only the giver.   |
| ok - I'm just venting now  |
| her (helige) brother's wife gave birth (in the states) mazel tov!  |

big deal.

you would think her only brother, her only sibling could pick up the phone and tell his sister, rather than have his mom call...oh excuse me...I forgot he sent a generic email to at least 100 people - we should feel blessed, to be on his email list.

I asked my wife if it bothers her how he notified her of the birth.

Oh no, he is only human - we have to accept him as he is..we are not here to change anyone... blah blah

and yet, if I spend a few extra moments helping my daughter get ready for a test...I never hear the end of how inconsiderate I am, and I have no sense of time..I

blah blah blah

the more I do the more she reminds me how wrong I am...

Ok intellectually I know it is not about me...its an emotional trigger setting her off making her feel inadequate... but come on...its been more than 10 years!!

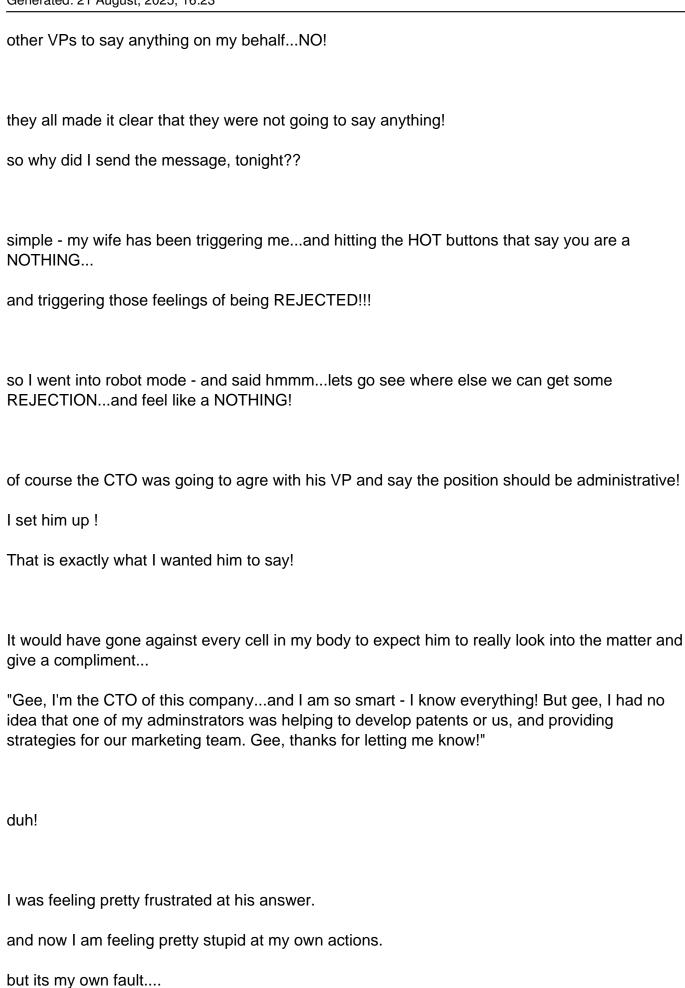
now that I think about it - my guess is she was so moody and distant over Shabbas specifically because of how she found out about the birth!

ok - so now my challenge, not to let this trigger me and pull me down!

hmmm...its funny, how we do things, and the timing we pick.

Why did I have to pick tonight to inquire with our CTO how he would to define my position - as adminstrative or something more...

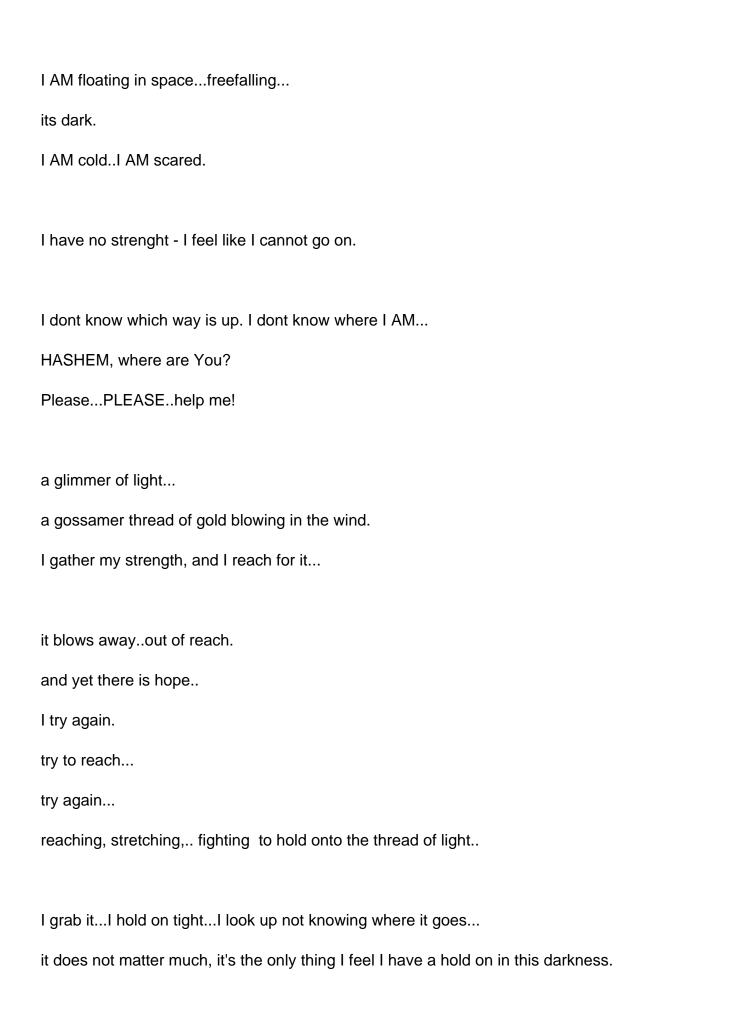
ok, so what that I;ve been already working for marketing and engineering for more than the past 3 months...and I have my name on at least 3 patents (not bad for an adminstrator, huh?) - what was I thinking.. did I really expect him to say anything different...did I really expect any of the

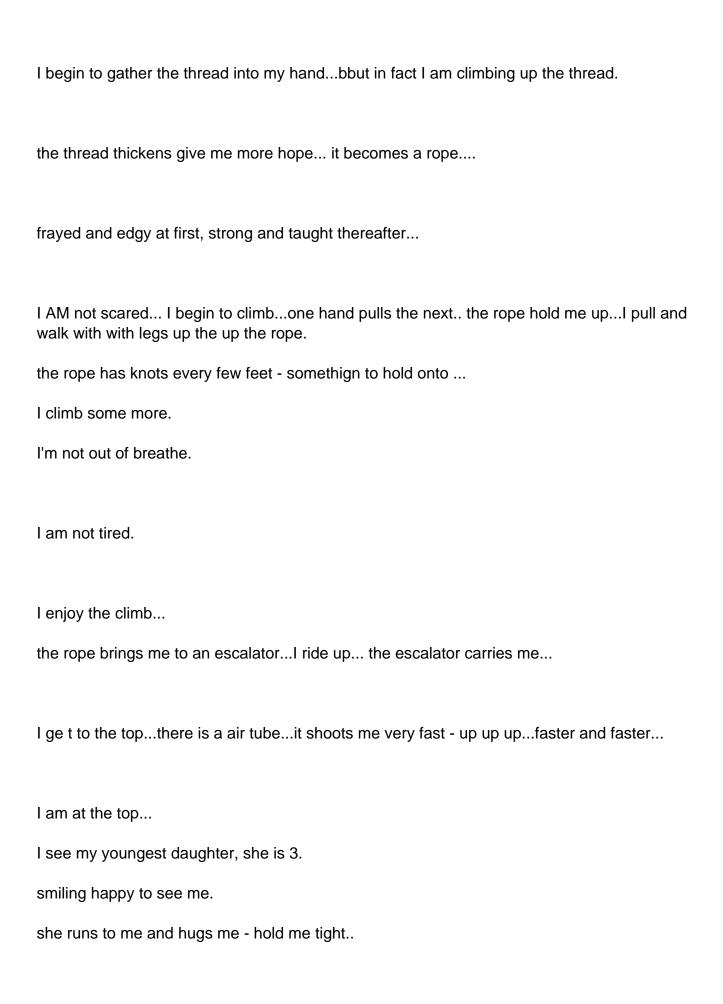


| I was looking for a reason to spiral out of control  |
|--|
| must be those invisible mud wasps in my head buzzing aroundlooking for some brain-honey.                       |
| i was even planning on "disappearing " from the list for awhile. YOu know - go get lost, so I can find myself. |
| ok- obviously that would have been the best thing for my YHdisconnect the source of my energy.                 |
| OK - I'm sticking around.  |
| same job.  |
| one new neice.   |
| one day stronger.  |
|  |
| day 7  |
| =======================================  |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 18 Apr 2010 10:04   |
| day 8 -  |
| this RID is really messing with my mind  |
| I think I need to learn how to be more pessistic at work.  |

maybe I'll get a mug that says: Dont bother asking....Because I DONT give a RIP! my problem is I do care - and I do give a rip! would be nice if I got some acknowledgement for it though. funny I have to learn how to be emotionally DISCONECTED at work. My mind is telling me - to have an affair - you'll get all the attention, affection acknowledgement I need. ok - why, not! I announced this morning to my wife, I thnk I need to have an affair. and then after a brief intentional pause to draw the dramatic efect -I announced WITH THE CREATOR OF THE UNIVERSE> since this is the main thing I should emotionall care about. She was happy to hear it. its been so long sine I've been in the flirting game .. I'll have to hone up on my skills and learn how to develop an infatuation with The Creator. anywas - I expect it to be much more rewarding and meanignful than the virtual chat room types

| even looking forward to it - a life time affair.   |
|--|
| =======================================  |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 19 Apr 2010 10:29   |
| day 9  |
| lethagaric today. but different from the last one. more of a lethargy of the mind.   |
| too tired to keep struggling.  |
| tripped last night.  |
| did a gogole search - not sure why.  |
| lasst at night.  |
| bored at work.   |
| frustration residue left over.   |
| I just loked through the search list - did not actualyl visit any sites.   |
| wife spoke wiht her cousins last night - good for her. very helpful that she can start seeing othersand giving to them. mentioned in round about way also spoke with her brother. whateverdont get me startedanotehr slef-centered black hole in the universe. |
| tried meditating this morngin before davening (if one can call davening at 10:30 davening)   |
| tried to get in touch with myseflwith Hashem where am Iwhere am I heading  |
| here is what I came up with:   |





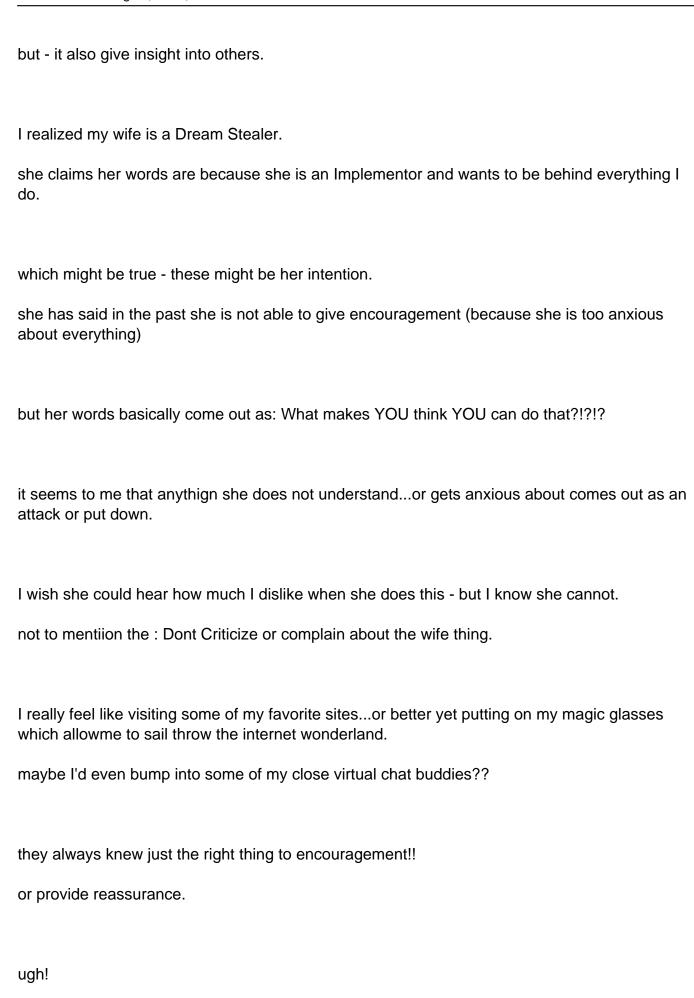
| she puts her head down on my shoulder; and we snuggle she rests peacefully in my arms. |
|--|
| as there is nothing more peaceful than watchign a a young child fall into sleep.       |
| I make it to daviening   |
| I cryHashem I am all aloneI dont have the strength to go on.                           |
| I know I must must go on   |
| I take out my talithold it over my head  |
| I wrap it tightly around meand it becomes a gossamer of light!                         |
| day 9  |
| =======================================  |
| Re: charoset a 90 day recipe Posted by Sturggle - 19 Apr 2010 10:39                    |
| cool!  |
| hope you're able to hold on to that light,   |
| and if not, then may you at least be able  |
| to find it again after loosing its sight   |

**GYE - Guard Your Eyes** Generated: 21 August, 2025, 16:23

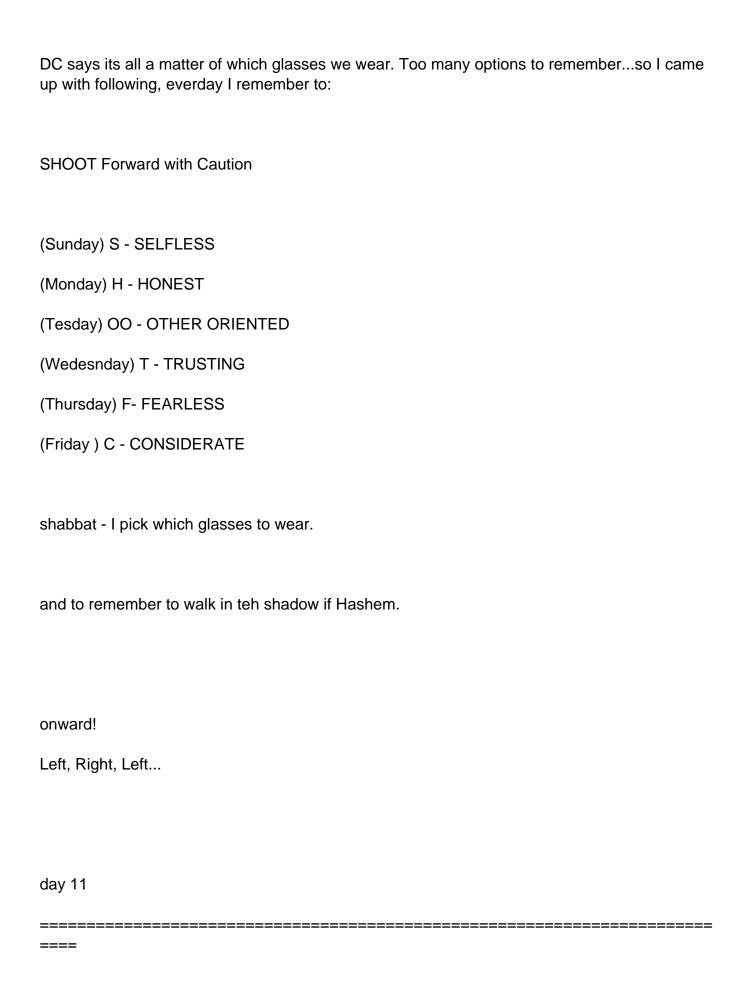
| ====   |
|--|
| Re: charoset a 90 day recipe Posted by DovInIsrael - 19 Apr 2010 10:41   |
| day 9  |
| re:procrastination   |
| trying a new plan.   |
| too many ideas and projects building up.   |
| I dont need the recognitions, appreciation or acknowledgement or rewards   |
| (ummactually I do, but have learned how to paint a story telling myself I really dont so ther fore I wind up not following through.) |
| ok - never the less, its time for a new story board.   |
| so rather than doing them for me - I am doing them to give Hashem glory!   |
| -Torah TImes Tablesto teach children about Hashem in the world while teaching them the times tables                                  |
| - Perspective Perplexedleft turns and Gottliebabout seeing life as an illusion   |
| - Stella the 7th Dimensionthe spritual rhelm   |
| - Teen driversD'vine assistance  |
| I'll go meet with the Rebbe later today and ask for a bracha.  |

other wise over looked.

also decided to work in my part time on business I am interested in - if work does not want me to expand my interested for them, so be it... was my wife suggests I need to be emotinonally divorced from my work..so be it, we will be emotionally divorced...and I will pursue other areas of interests.. like a spiritual affair with the Creator of the world. Re: charoset a 90 day recipe Posted by DovInIsrael - 19 Apr 2010 21:30 day 9 - continued went to the Rebbe...feel like he was talking in circles... but it was good circles.. like someone would do becasue they loved you and wanted to give you more attention. it was fun I also learned for an hour in the beis medrash before hand... after a long haul finally felt like I was gaining some clarity on a gemora! all in all I felt like I gained a lot of clarity where I need to be and what I need to be doing (and even how to do it) **BUT** I feel like I am going to slip (maybe intentionally crash!) journalling is great - it helps one to get in touch with them self and see things they would have



| ok - so instead I came to GYE and decided to post.  |
|---|
| I spent more time learning today - so I also am aware that I have a bigger YHand have to be more on guard.  |
| if anyone is interested in my opinion - the first option sounds infinitely more enjoyable (dont be offended Guard) - however I know that GYE is the path to true freedom and happiness. |
| BTW : Machshava (thought) has the same letters as B'SIMCHAso it seems that my thoughts (and actions ) have to lead me to SIMCHA!  |
| =======================================   |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 21 Apr 2010 09:12  |
| day 10 - yom ahatzmautz - nothign major   |
| day 11 - back to work. oh joy!  |
| learn with my son last night for a little - I guess my mind is coming back to me.   |
| tired of implodingtime to pick my self up and dust myself off, and move on.   |
| get back on track.  |
| earlier post about the glasses I wear.  |



| Re: charoset a 90 day recipe Posted by DovInIsrael - 22 Apr 2010 22:25   |
|--|
| day 12 - the YH is a sneak and a liar!   |
| stayed late at work (a big no-no!)   |
| one of the women engineers was also there late.  |
| we left at the same time - when the offices were abot to be closed.  |
| I told her she was crazy for working so late.  |
| while walking out of the building I was thinkinghoping she would drive by offer me a ride  |
| my mind started wondering well beyond thoughts of getting a ride to the bus stop   |
| WHOA!!!  |
| what is going on here???   |
| (wow! I cannot believe I was able to stop myself in mid thought and find out what was going on)  |
| where did these thoughts come from?  |
| how did i get here?  |
| realized when i spoke to my wife earlier in the day - rather than push her off because i was in teh middle of something - which I usually am ( pretty funny considering how much itme I spend procrastinating.!!! )rather than push her off. I told her how GREAT it was that she called! I SO |

GYE - Guard Your Eyes
Generated: 21 August, 2025, 16:23

MUCH ENJOY TALKING with her, blah blah blah...

all the same stuff I used to use to flirt with the otehr women before married.

it was fun to get into my wifes world - and give to her.

she loved it...

realized later - I was also craving some of that attention and appreciation...and was looking for it in my old lustiful behaviors.

whew!!!

glad I caught it.

directed everything back up to Hashem...asked Him to take over, way too much for me. amazing how the YH runs away when Hashem is in the picture.

day 12

day 13 - thur - home with the kids.

paper mache masks.

messy but fun.

channeling my creative energies into my own projects and interests.

| still working on the procrastination - but at least I feel like I am starting to regain my clarity and direction                                       |
|--|
| too much haze.   |
| nice to be finally getting rid of it.  |
| day 13   |
| =====  |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 25 Apr 2010 10:35   |
| day 14 - eruv shabbas.   |
| day 15 shabbas   |
| got hit with wife starting an arguement on the 7th day of counting.  |
| wow - this one really surprised me out of the blue.  |
| after trying REALLY hard for the past two weeks to give her more attention - she announces motzei shabbat Why am I ignoring her, and pushing her away? |
| what?  |
| I really lost it and started listing all the areas where I was giving her more time and  |
| 1 10 any 1000 itan and started noting an the dread where I was giving her more time and  |

attention...and all she coudl say si WHY AM I IGNORING her!!

upcomign mikveh night or not - this was enough to push me over the edge and pull me into an arguement.

LOL - the funny thing is in the midst I kep thinking, I've come this far in my own counting...and if we dont get together for mikveh night, its going to REALLY be an uphill struggle, not to mention trying to fend off this new case of RID.

) I decided we should call our life-coach into the picture and come up with a resolution! Obiously we were both NOT on the same page!

ok - bottom line .. I had recently spent an hour wiht my wiffe - just talking ... giving her my full attention ... and she liked it ssoooooooo much she wanted to know why she was not getting more of it. (but because she grew up in an environment which was overly critical, she was not able to express what she realyl needed and wanted - and it came out as criticism for what I was not doing.)

I grew up in an overly critical environment - and when I here critiicsm I am very sensitive to it, and it puts me on teh defensive...

with that thought in mind (thanks, Guard! so instead of a healthy converation "I talk , you talk"- we wound up with "I talk, You Talk...LETS FIGHT!!""

coach suggested: rather than respond right away to each other - we reflect what the other person just said, ask for clarificiation, ask question to make sure we understand if there is a problem with an activity or communication...and beware that criticsm without some acknowlegdement of what is going RIGHT, is concisidered: Loshon Hara.

was not sure I was going to make it through the night without slipping...

asked Hashem to be my accountability partner and help me make it through the night

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| GYE - Guard Your Eyes Generated: 21 August, 2025, 16:23  |
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| and I did (with His Help)  |
| =======================================  |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 26 Apr 2010 14:35   |
| day 16   |
| took a day an went to the park and did some work there.  |
| i was actually productive.   |
| hopefully this is a good sign - happy to see the procrasiation disappear.  |
| ben yehuda mall - kind of difficultamazing how parents dress their kidsor better yet, how they dont dress them themand the teens are worse! ugh! |
| for some reason I still feel somewhat saractic   |
| hmmmaybe its part of the recovery.   |
| looking back - after the DC program was the most up lifting experience i felt.   |
| the climb since falling has been a tough one - not overly difficult - but still a challenge and the sarcastic cloud does not help either.        |
| ok - onward.   |

\_\_\_\_\_\_

| Re: charoset a 90 day recipe Posted by DovInIsrael - 28 Apr 2010 11:57   |
|--|
| day 17 - mon.  |
| DC in jerusalem. did the dc call live.   |
| DC is great!   |
| realized cannot climb up by myself - only through the support and encouragement of others car any of us survive.   |
| day 18 - home with kids a bloody battle. bedtime. literally as hte youngest fell off the bed while jumping on it - trying to get my attenion nose bleed. |
| but no rid - what ever happens is because that is the way Hashem wants it to happen  |
| day 19 - woke up feeling very clear headed - feel like out of the haze.  its a great feeling!  |
| maybe I'll take the rest of the afternoon off ok - not this time but its a nice thought  |
| =======================================  |
| Re: charoset a 90 day recipe Posted by DovInIsrael - 28 Apr 2010 14:31   |
| day 19 - still   |

## **GYE - Guard Your Eyes** Generated: 21 August, 2025, 16:23

| Gonoratos. El Magadi, 2020, 10:20  |
|--|
| starting to slip.  |
| worked on a presentation with somelets say very immodestly dressed (or almost dressed women)   |
| and sent an email off to the former chat buddy.  |
| ok - no more.  |
| dont want to slip.   |
| Hashem, please watch over me - and prevent me from myself!   |
| where did these diversion come from  |
| perhaps from flirting with wife this morning sometimes (ok - all the time) I wish she would just jump at my advances and run into my armswild passion, affection, and attention. |
| but it was day time, she was off to exercise class, I was off to workit was already late.  |
| procrastinating work to be with wife is NOT a good excuse.   |
| it was NOT considerate of her time -, my bosses, or mine.  |
| ugh  |
| ok - time to hang on tight. make sure no more close calls.   |
| ====   |

**GYE - Guard Your Eyes** Generated: 21 August, 2025, 16:23

| Re: charoset a 90 day recipe Posted by DovInIsrael - 28 Apr 2010 14:51                     |  |
|--|--|
| continued  |  |
| now I remember - did some extra learning this sugya and was thinking about it after wards. | mornign after davening - actually got into the |
| gorw spiritually - one gets a bigger YH.   |  |
| I knew thatwhy am I not being more carefully care of my holy treasures.                    | need to be more on gaurd and take better       |
| this was a warning.  |  |
|  |  |
| <b></b>  |  |