

ToAdd A journal

Posted by ToAdd - 29 Oct 2010 05:37

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Today is the first day of a new journey.

Hashem, I have come to realise how weak I am in this area.

With tears in my eyes, I place myself in your loving hands.

Please don't turn away from me. Help me return to you.

Your servant.

Yosef.

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Re: ToAdd A journal

Posted by ToAdd - 09 Nov 2010 17:53

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Thanks Eye, There's a lot of work that I need to do on myself.

Captains Log, Day 11

Last night my baby girl arrived. 2.6kg.

The world is now a different place.

Still some crazy thoughts enter my mind, but I do not entertain them for long so they leave. But they return

I think my Y"H is trying new tricks, tempting me into something more dangerous; it's getting desperate.

I must say that I was tempted for a while, but it has passed.

Each day of the week, each phase of the moon brings it's own challenges.

All it takes is getting through that moment; and starting a new moment leaving the previous one with all its designs behind.

Having two people inside my head wouldn't be such a bad thing if they were both on the same team; but then I guess I'd never score any goals...

ToAdd

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Re: ToAdd A journal

Posted by ZemirosShabbos - 09 Nov 2010 18:01

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Mazel Tov!!!!!!!!!!!!!!

you should be zocheh legadla letorah lechupa ulemaasim tovim! much much nachas!

may this simcha bring you simcha in all areas of your life

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Re: ToAdd A journal

Posted by Eye.nonymous - 09 Nov 2010 18:35

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Mazel Tov!

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Re: ToAdd A journal

Posted by mnman415 - 10 Nov 2010 03:22

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mazal tov!

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Re: ToAdd A journal

Posted by ToAdd - 11 Nov 2010 09:17

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Amen and thank you very much.

Today, I don't know what day I'm on. It doesn't really matter.

Please God may every day be as clean as the one I just had.

ToAdd

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Re: ToAdd A journal

Posted by ZemirosShabbos - 11 Nov 2010 15:32

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that is a great attitude!

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Re: ToAdd A journal

Posted by Yosef Hatzadik - 11 Nov 2010 23:16

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MAZEL TOV!!!!!!!!!!

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Re: ToAdd A journal

Posted by ToAdd - 12 Nov 2010 08:14

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Wow, that's a really big mazel tov, thank you.

The woh tells me today is two weeks, I'm happy the time here is going quickly.

With the new addition to the family there is far less time for unproductive things.

Had a dream last night. I guess it's actually healthy, things build up in the body and mind.

Time to get some work done...

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Re: ToAdd A journal

Posted by mnman415 - 12 Nov 2010 19:22

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2 weeks is awesome! it does go fast. aspecially when we look at every day as its own day.

good shabbas!

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Re: ToAdd A journal

Posted by ToAdd - 15 Nov 2010 08:33

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It's Monday and I'm battling again.

Feeling down, there are a few factors:

haven't eaten too well in the past day, trying to remedy that right now.

saw a few things yesterday which were distracting me. but today is a new day and I have many things to focus on.

Had a dream again on Saturday morning.

Arrr. I'm not even processing the instructions my boss sent me. Not sure if it's good to be at work.

Normally when I feel like this I would grab something with a high sugar content to perk me up, but I'm trying to stay away from that - it isn't good to do that.

My tires are flat and I feel like I have no jack and no spare.

Even GYE was down earlier - but the site has a reset switch and it starts again, free from all the pollutants that were hogging it's memory

Sometimes, I wish it were easier to just cry, to let all the emotion out, so that it doesn't just sit there, weighing my heart down.

On the bright side, wow, 17 days!

I am healthy, my wife is healthy and my baby is healthy. Baruch Hashem.

Saw a wonderful thing, a picture on a CD cover and the artist describe it:

Here is a girl (pointing to a child-like stick figure) who is sad. She is sad because there is a cloud over her head and it is raining on her.

Next to her is a girl that is happy. She has no arms or legs. Some people have real problems!

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Re: ToAdd A journal

Posted by frumfiend - 15 Nov 2010 15:18

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Mazel tov asach nachas

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Re: ToAdd A journal

Posted by briut - 15 Nov 2010 17:15

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[ToAdd wrote on 15 Nov 2010 08:33:](#)

Sometimes, I wish it were easier to just cry, to let all the emotion out, so that it doesn't just sit there, weighing my heart down.

How about if we all give you permission to cry, to unburden your heart. Would that help? Even if the cause of the tears "shouldn't" be such a big thing... your heart doesn't necessarily know that, it's just knows it's sad.

And of course feel free to let us know what you find out about the tears when they flow.  
Somebody here is... here.

Jeez, why are (all) men so scared of a coupla drops'a salt water.... (Me included)

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Re: ToAdd A journal

Posted by ZemirosShabbos - 15 Nov 2010 19:46

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to echo Briut, the people here on GYE are special. try reaching out to them and you will be heartened. from personal experience i can say it is one of the best things since sliced bread.

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Re: ToAdd A journal

Posted by ToAdd - 16 Nov 2010 10:06

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Thanks for all the support.

I come from a home where boys don't cry. I've gone years without a single tear.

One of the most vivid memories from childhood was when my Papa crouched down to say good bye to me and I saw a single tear run down his cheek. I knew I would never see him again.

Even now, I feel the tears building, but they never make it to the surface.

My face aches like when one has been laughing for too long.

When I found GYE, I cried, for a long time. I knew I had found people that I can open up to. I knew that there was a solution to the problem I've been struggling with. I knew that my Father in heaven had sent help and that He is never far away.

Thank you Hashem for putting me in contact with these very special people.

Back to the log:

Today is day 18. Still some fantasies running around in my mind in the early mornings and a bit of a challenge in the office.

I need to repeat this for myself:

Hashem, she is your problem, I'm leaving her in your hands to sort out.

I have myself to sort out and that's what I'm going to focus on today.

Focus on the road, not the billboards. Where I am going is important, not the scenery.

I remember as a child imagining up all sorts of things. It would be good to get back into that; to focus my imagination on productive things rather than wasting what is probably my strongest ability on things that are not good for me.

We were given an imagination so that we can conjure up great projects, wonderful things that benefit people, and I occupy mine with unfulfillable fantasies.

Slowly does it. Merely turning the steering wheel does not take me out of the neighborhood, I also need to put my foot on the gas - the rest is up to Hashem.

Okay, feeling better now, time to get some work done, but first some lunch.

I think I'll put off procrastinating 'till tomorrow.

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