

Been there done that... not really
Posted by geshertzarmeod - 14 Feb 2011 09:48

I've started the teshuva process before, but never with the support of others. Even if no one is reading this, just the idea that I can post this somewhere is meaningful. One day at a time. So this is day 1. :-\

I think I need to check the attitude handbook.

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Re: Been there done that... not really
Posted by geshertzarmeod - 27 Mar 2011 21:07

So we've made another discovery, which I believe I knew b4 but today I saw it for real. I was walking around today with real burning desire for something not allowed. Fighting all day with my thoughts and eyes. Couldnt figure out why, until...

I realized that when I have so much to do, I get overwhelmed, dont accomplish anything and thats when I feel the need to act out. In a sense its a physical representation of the feeling that Im wasting my time and everything else in my life.

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Re: Been there done that... not really
Posted by realsimcha - 27 Mar 2011 22:13

Gesher - when I read your post I had to check again to make sure that it wasn't me that wrote that! I find myself struggling with exactly the same thing and i often feel that the more I have to do so the less I accomplish. Feeling unaccomplished and down on myself really triggers! I found that soemtimes it helps to stop thinking about everything I have to do, and just focus on doing SOMETHING now. It doesn't matter which thing etc. just to take one thiong that needs to get done and DO IT! When that is done just move on to ONE MORE THING.

Thanks for putting your struggle out there -- its such a chizuk to me and I'm sure the whole chevra

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Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 08:05

glad to be of help. Now lets hope that your advice can help me.

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Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 22:07

I would like to announce to one and all that...

TODAY I WAS STUPID!!!!!!

BH I didnt fall, but that was no thanks to me.

I have HKBH to thank or GYE but not myself

I was in bed with a stomach ache for most of the day

and instead of taking good advice from friends

I spent alot of time thinking things that shouldnt be thought

just STUPID!!!!!!

HKBH protected me, I didnt deserve it at all.

We will try to stop being stupid in the future

as today I learned that there is still hope for idiots.

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Re: Been there done that... not really
Posted by Yosef Hatzadik - 28 Mar 2011 22:27

[Geshertzar Meod wrote on 28 Mar 2011 22:07:](#)

TODAY I WAS STUPID!!!!!!

Me too

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Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 22:31

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Re: Been there done that... not really
Posted by Yosef Hatzadik - 28 Mar 2011 22:38

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Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 22:40

Im not going to pry, but if you want to elaborate Im all ears.

~~why cause you read my post?~~

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Re: Been there done that... not really
Posted by Reb Yid - 28 Mar 2011 22:44

Ok you 2. I will settle it. You were *both* stupid today. But that means that you weren't stupid yesterday, or you would just say "I am stupid!!" It also means that as of midnight tonight you could say "I was *not* stupid today", because it would no longer be today. So even if you were)

Keep Smiling!!!

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stupid today, it's not as bad as it seems!! (Can you tell I've been a Rebbe for a while?)

Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 22:47

Hey Yosef! Look who's calling us stupid! Well I wont stand for that! You cant call my friend stupid!

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Re: Been there done that... not really
Posted by Yosef Hatzadik - 28 Mar 2011 22:49

World wants to elect a president.

Reb Yid says that guy is stupid.

Politic as usual?

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Re: Been there done that... not really
Posted by geshertzarmeod - 28 Mar 2011 23:00

Well one things for sure. Reb Yid is right, tomorrow is another day. Im going to sleep and hopefully I wont be stupid anymore. Good night.

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Re: Been there done that... not really
Posted by Reb Yid - 29 Mar 2011 00:02

Just wanted to add. I didn't say either of you were stupid. I just agreed.

And I wanted to wish Gesher a Refuah Sheleima for his stomach ache.

Good Night to all.

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Re: Been there done that... not really
Posted by geshertzarmeod - 29 Mar 2011 08:50

OY Reb Yid, dont take me seriously. I was joking about you calling us stupid, i thought you rebbeim had a sense of humor. why else would you go into chinuch. jk

thanks 4 the good wishes

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