

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 Gevura Shebyesod - 23 Feb 2012 16:07

I dreamed of giraffes last night!!!!

(Actually I dreamed about shechting and eating them.... :o :o :o)

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Re: Been there done that... not really

Posted by ZemirosShabbos - 23 Feb 2012 16:22

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Re: Been there done that... not really

Posted by Gevura Shebyesod - 23 Feb 2012 16:25

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Re: Been there done that... not really
Posted by ZemirosShabbos - 23 Feb 2012 16:44

oy vay

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Re: Been there done that... not really
Posted by Gevura Shebyesod - 23 Feb 2012 16:56

Arms Race!!!! ;D ;D ;D

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Re: Been there done that... not really
Posted by tehillimzugger - 23 Feb 2012 17:01

don't you shecht with a knife ???

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Re: Been there done that... not really
Posted by tehillimzugger - 07 Mar 2012 12:27

Gesh? you still dropping in b4 purim?

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Re: Been there done that... not really
Posted by geshertzarmeod - 12 Mar 2012 22:33

sorry TZ

i started a new job and havent had the time to pop in

How was purim?

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Re: Been there done that... not really
Posted by geshertzarmeod - 14 Mar 2012 02:34

things are changing schedule-wise, Im not available to post as often as I used to. Im simply not at the computer as often. So at 3:30 AM when I was tired of tossing and turning in bed, I decided to check in to the forum. Thanks for being there, over a year ago, I would have found something else to do at this time. Chasdei Hashem for GYE.

I'm faced with a whole different work environment than Im used to, although I must admit that in my previous job some of the frum ladies style of dress was just as provocative as Im finding now. BH Ive been doing alot of talking to myself to control the imagination from getting out of hand. For example one refrain that I keep repeating to myself is, "they have no interest in you, why think about them? They see you as a person who they work with, you can do the same!" As I've mentioned before the worst thing for me has been imagination, and my Rav gave me a tool that's been working, BH. "I choose to watch a different show." and i think about something else. so its going well.

I must mention there is another person of the male charedi persuasion there with me, and I noticed his unbelievable attempts at shmiras einayim (who knows maybe he's on the forum as well. I really think that we need to come up with some sort of a inconspicuous badge, so we can get chizuk from each other publicly without anyone else knowing what it is. I know this has been mentioned before, I think it would be a great thing. but I digress...)

anyhow I find (and maybe Im wrong, or maybe this is just what works for me) that my present approach is working much better than the ostrich approach, which was much more tension producing (white knuckling as others have called it) and much harder to control. again Im not looking, but its more of an internal mental redirecting. dont know, its just how i feel, take it or leave it.

on to bigger and better things...

toodleooo!

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Re: Been there done that... not really
Posted by ur-a-jew - 14 Mar 2012 04:00

BH Ive been doing alot of talking to myself to control the imagination from getting out of hand.

I started reading a parenting book and it was talking about childrens fears. One of the things it mentioned was that "for all healthy adults, there is a thick wall separating fantasy from reality. We rarely, if ever, confuse the two. For preschool children whose minds are not yet fully developed however, the wall between fantasy and reality seems to be almost porous." I think most addicts are preschoolers in this sense. We have a difficult time controlling our imaginations and blur fantasy with reality. It is for that reason for example that I can have expectations of my wife that she will act a certain way even though I know that this situation has arisen dozens of times and shes never act the way my fantasy mind plays it out. I agree that talking to ourselves and reminding ourselves that this is fantasy helps mitigate it somewhat.

Glad to hear you're doing well. Continued hatzlacha.

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Re: Been there done that... not really
Posted by JackAbbey - 14 Mar 2012 08:32

very much to the point!

thanks, thats lands us back down to reality

thats the milestone of gye

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Re: Been there done that... not really
Posted by geshertzarmeod - 15 Mar 2012 13:31

well said urajew

for me that has been the greatest accomplishment here

controlling the imagination

until i got on board i would have never thought it was possible

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Re: Been there done that... not really

Posted by Gevura Shebyesod - 15 Mar 2012 13:44

[ur-a-jew wrote on 14 Mar 2012 04:00:](#)

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Glad to hear you're doing well. Continued hatzlacha.

So so true...

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Re: Been there done that... not really

Posted by geshertzarmeod - 19 Jun 2012 12:44

[Gesher wrote on 14 Mar 2012 02:34:](#)

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UPDATE TIME

so it's been a challenge at work. summer time is not the greatest as far as tzniyus dress goes. Lately I've been doing a lot of talking to myself. The idea of "they aren't interested in me" started to wear off. Now I've tried another approach: They aren't dressing this way to be provocative, they just think it's normal.

so I shouldn't take it provocatively. and I shouldn't be provoked! Is that a real word? ???

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