

Installed's Thread

Posted by installed - 21 Jun 2010 04:48

Hey guys,

Hope you had a pleasant day. I joined the site recently and I don't really know anybody here so I'll introduce myself. It would be helpful if you guys do the same.

My name is Avraham. I'm a 26 year old single guy. I was brought up in a modern orthodox home. My family moved quite a bit when I was younger and I moved quite a bit as well later on. I come from a stable background and get along well with my family.

I would describe myself as a bit of an introvert (more than I would like to be anyway). I generally do better in a one on one setting but can definitely handle crowds as well. I'm pretty detail oriented. I notice the little things in life and admire perfection. I love music, mainly R&B, mainstream pop and classical music. I'm trying to gradually wean myself off the non Jewish music (for obvious reasons) but it's a process. My hobbies include gardening, photography, hanging out with friends, traveling, cooking, and watching porn (can't believe I'm writing this). Hmm what else... Oh, if anybody here is familiar with the enneagram, I'm a 9 with a one wing.

My email address is installedjew@live.com .

All the best,

Avraham.

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Re: Installed's Thread

Posted by installed - 25 Jun 2010 20:29

Hey Dov,

Wow, I didn't expect such a personal/detailed response, it's much appreciated. I didn't have a chance to read your reply in detail (I need some privacy for that). I'll be away until Sunday night and I'll definitely read it carefully once I get back. Thanks so much for all your support! Oh BTW guilt is GOOD for me so please feel free to be blunt! I like being told off when it is constructive and to the point.

Have a great shabbos!

Avraham.

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Re: Installed's Thread

Posted by the.guard - 27 Jun 2010 21:09

I was gonna write a book once on how to beat procrastination and laziness, but I can't seem to ever get to it.

Yawn.

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Re: Installed's Thread

Posted by Dov - 28 Jun 2010 02:08

Huh? You said it was a book about *memory*, not procrastination! Did you forget?

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Re: Installed's Thread

Posted by installed - 28 Jun 2010 02:16

Lol, you guys are great! Thanks for everything.

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Re: Installed's Thread

Posted by Dov - 29 Jun 2010 05:09

Thanks for sharing a big chunk of your story and life!

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Re: Installed's Thread

Posted by installed - 05 Jul 2010 05:13

Hey guys,

I hope that you are all doing well. I was extremely busy during the last few days and didn't have a chance to drop by until now. Does anyone know if we should be working on the 2nd step yet? I'm also a bit confused with the phone conference day and time.

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Re: Installed's Thread

Posted by Ineedhelp!! - 06 Jul 2010 14:49

You could be working on step 2 if youd like. I suggest you read the NA workbook and Dov suggested we make a list of things that we 'worship' (No, not in the avodah zara way). Obviously 'lust' would be on that list. If you have more questions about this feel free to ask and I'll answer tot he best of my ability based on what Dov said to do.

Here's the link for the NA workbook:

milkman'scircle.net/Milkman's%20CircleD2/Templates/na_workbook/na_workbook.htm

Good luck!

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Re: Installed's Thread

Posted by installed - 06 Jul 2010 16:38

Hey Yiddle2,

Thanks for keeping me posted. I'll do my "homework" before the session tonight. Is the list of things we worship part of the first step?

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Re: Installed's Thread

Posted by Ineedhelp!! - 06 Jul 2010 16:46

They likely will overlap. I put things on my list that I didnt mention in my first step (even though I could have). They dont have to be physical. They could be emotions.

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Re: Installed's Thread

Posted by aaron4 - 06 Jul 2010 16:50

Hey Aaron4,

I hope you are doing well. There are several practical things that I do.

1) I make myself a list of priorities and force myself to stick to it. I used to be all over the place. I would start something but would then intentionally distract myself. I would look for something that needs to be done which is less annoying. I messed up on several assignments and therefore decided to start this habit. I don't allow myself to start a new thing until I finish the first thing on my list.

2) When I started to work on this problem, I used to log all my daily activities in detail and would give it to my brother. P & M were logged as "wasting computer time". I was at first embarrassed from myself but eventually my bro really gave it to me (we are really close) and he got on top of it. This only works if you are comfortable with criticism (it can make things worse for some people).

3) I strongly believe that if I get my P & M under control it will help as well. It's not that I spend so much time doing it but it is the lack of self discipline that is so destructive for me. The urge for

4) As I wrote above, I read the enneagram once on a flight and I really got hooked. I find it to be extremely accurate and it enables me to catch myself in the act of a typical negative pattern that someone like me is prone to do. Generally speaking my personality type has a problem with dealing directly with issues (for example, will have a very difficult time saying "no"). It explains why etc. and it is so accurate that it is almost scary. I was also able to better understand the needs and insecurities of myself and others because of it.

5) I started using K9s internet block. You can set it to block all internet access for x amount of time. Getting a notice of a new email or checking GYE can be a major distraction.

6) Dov was saying that "Sometimes procrastination and laziness are just avoidance behavior and I discover that I have a problem with Fear, resentment, or some other mishega'as that motivates me to avoid". and this is certainly true. Dov, you were michaven to the enneagram.

These things worked for me. I'm far from perfect and it will probably be my nisayon for life. I always say that even though it is difficult, I have to be thankful that my life is in order, and that it is doable. Many people have nisyonot that are much more difficult and potentially destructive (like jealousy, anger, greed, stinginess etc). We all have our own nisyonot and that is what we are here for (I'm talking to myself).

Anyway, I hope that this helps. If you have any questions or would like to discuss it, don't hesitate to contact me.

Good shabbos.

this enneagram ?) Thanks for the tips. What's

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Re: Installed's Thread
Posted by installed - 06 Jul 2010 19:49

Hey,

You can read a basic description here <http://www.enneagraminstitute.com/intro.asp>. It may look complicated and simplistic at the same time. Many people get turned off by it because they feel that it "boxes them into a category", but in reality it is extremely vast. As I said earlier, it has helped me to better understand myself and the people around me. If you have any questions about it or if you would like me to recommend a book, please let me know.

I can't believe I didn't see this earlier (procrastination, perhaps

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Re: Installed's Thread

Posted by installed - 08 Jul 2010 20:19

Hey Guys,

I hope that you are all doing well. I practically completed the first step and will be working on the second step now. I feel that this group is a bit too virtual for me (but going to a regular SA is not an option). If anyone here feels that same and would like to shmooze over the phone (just to get to know each other a bit), please PM me. The phone conferences are great but it is a bit awkward for me and i think that getting to know you guys better will change things. Either way, I love being part of this group and I appreciate all your inputs.

Good shabbos,

Avraham.

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Re: Installed's Thread

Posted by installed - 12 Jul 2010 23:55

1- any people or groups, kinds of people, or situations, that I give my power to. Meaning: that I behave differently

or unnaturally self-conscious around them/it, whether I want to or not - it just happens automatically; I apparently

need those people and act in a way to get something from them.

I act differently in front of women but especially in front of girls my age. I also act differently in front of non-Jews.

2- Anything/any person that I put my trust in, in lieu of Hashem; that I strive for recognition from, reward from, or whatever - besides Hashem. No judgment or moral measuring of myself here, and guilt is irrelevant...just the facts as they are. And Lust is obviously one of them for us, for we pursue lust opportunities as though they can help us and do so with dedication, regularity, devotion, and with some degree of self-sacrifice. Don't we? Eerily, those things are all aspects of avodas Hashem, aren't they? OK, so I tend to go to something/someone other than G-d for some of my needs, and that's a problem. It leaves me with a sterile, useless higher power. No?

Lust, my brother, myself (don't know if that counts), food (don't know if it counts as well)

3- Many folks write all the reasons they can think of that they do trust and use Hashem, and the feelings they have sometimes that make them afraid to trust and use Hashem. This one is often a biggie.

1)I trust Hashem because I'm very limited and I believe that there is a power that runs the world. This basically leaves me with no choice but to trust in him.

2)Trusting in Hashem enables me to have less worries (it's comforting to believe that whatever happens is ultimately part of "Hashems plans" and for the best.

I have a hard time believing in Hashem when I act out or do things that are against His commandments. For example, masturbation is such a natural thing and it's hard for me to believe that this is a "fair commandment/avairah".

The first two reasons that compel me to believe are also reasons for me not to believe. We are limited people and having Hashem in our lives is comforting. Hashem may be a human invention and we may believe in him for these very reasons.

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Re: Installed's Thread
Posted by MosheF - 13 Jul 2010 01:10

I Procrastinate many things but the more I look at it the more I realize it's fear. I have this sub conscious fear of doing certain things at work and whenever I face the possibility of needing to do those things I always find myself acting out. The need to act out or just surf the web always felt so strong but I never pinpointed why it's happening

I didn't realize it for years but now b'h I am at least noticing it.

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