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## 2 extra hours a day

Posted by sullie103 - 2006/04/22 15:57

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Am looking for something to replace SO in my life, as I am almost certain it will be cancelled. I will have two extra hours a day--one hour on SO message boards and one hour SO viewing time. Sure wish I could find a similar show on which to become hooked. Guess I'll have to go back to reading self-help books. What are the rest of you going to do to replace SO in your lives? Am also wondering if there will be summer reruns. I am in the KC area.

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## Re:2 extra hours a day

Posted by DEmom - 2006/04/22 16:02

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Well you could check out MSN groups. They have some great "support" groups there. I wont be replacing SO. Guess I will do dishes or something, lol. :P

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## Re:2 extra hours a day

Posted by sullie103 - 2006/04/22 16:10

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I can walk twice a day instead of once a day. Am having really difficult time maintaining weight loss. Thanks for getting back to me. I was hooked on Felicity before SO so am sure I will find some program.

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## Re:2 extra hours a day

Posted by Mystique - 2006/04/22 16:13

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DEmom wrote:

Well you could check out MSN groups. They have some great "support" groups there. I wont be replacing SO. Guess I will do dishes or something, lol. :P

Dishes?!!! Say it isn't soooooo!!! \*holds up picket sign\* lol

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## Re:2 extra hours a day

Posted by kisergurl - 2006/04/22 16:19

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Hey Mystique, I will hold up a picket sign also!:whistle: :woohoo: :pinch:

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## Re:2 extra hours a day

Posted by Mystique - 2006/04/22 16:25

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kisergurl wrote:

Hey Mystique, I will hold up a picket sign also!:whistle: :woohoo: :pinch:

WoooHooooo KG!!! Let's make it a picket conga line! lol :woohoo: :laugh:

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## Re:2 extra hours a day

Posted by DEmom - 2006/04/22 16:56

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lol, someones gotta do it!

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## Re:2 extra hours a day

Posted by Mystique - 2006/04/22 17:11

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DEmom wrote:

lol, someones gotta do it!

oh ok then... if you insist.. i'll save mine for you, so when you're done.. lol ;)

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## Re:2 extra hours a day

Posted by Serena - 2006/04/22 17:54

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That's a good question, sullie. Usually, I would try to find a class or something. But I think now I will try to split the time between something for me, and then something for other people. I would miss the interchange of ideas and just hangin out. I might just open up a new blog for people with chronic illness.

I watch Dr. Phil now (a Texan, yay! down home boy.) but he's doing something very different. Little segments, not people you get to stay with and see them progress and interact over time. Too much Jerry Springer goin' on. He's should've called it "Totally Messed Up Triage". He has a board, but not like here at all.

I've heard of a group called "Women Inside". It's not a tv thing, but looks like a very positive, life-affirming, goal-driven group.

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## Re:2 extra hours a day

Posted by PeterJ - 2006/04/22 20:18

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Mystique wrote:

DEmom wrote:

lol, someones gotta do it!

oh ok then... if you insist.. i'll save mine for you, so when you're done.. lol ;)

We're picketing? Sounds good to me.

But seriously, y'all, if SO is going down for the last time (and yes I do know about getting back up and all) :) I have learned a lot from the show and from everyone here. It's been an honor being here as part of this wonderful group of ladies and guys (those who are here) and have accepted someone like me :)

I'm not giving up yet..but looking at it from a logical standpoint.

Where will I go from here? I don't know yet. I'd like to stay in touch with everyone here if possible.

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## Re:2 extra hours a day

Posted by Jubilee - 2006/04/22 20:35

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Serena wrote:

I watch Dr. Phil now (a Texan, yay! down home boy.) but he's doing something very different. Little segments, not people you get to stay with and see them progress and interact over time. Too much Jerry Springer goin' on. He's should've called it "Totally Messed Up Triage".

That is really funny! Totally Messed Up Triage indeed (I enjoy the Dr. Phil shows.....but, because they're not a continuing saga I don't feel compelled to catch it every day, unlike Starting Over). I hope Starting Over goes on and on until I get sick of it.....I'm like a housemate who can't bear to see the other ladies graduate, I hate being left behind.....

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## Re:2 extra hours a day

Posted by sullie103 - 2006/04/23 06:45

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Good suggestions. Thanks. I do watch Dr. Phil--but too much family dynamics lately.

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## Re:2 extra hours a day

Posted by turtle - 2006/04/28 15:37

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Serena wrote:I watch Dr. Phil now (a Texan, yay! down home boy.) but he's doing something very different. Little segments, not people you get to stay with and see them progress and interact over time. Too much Jerry Springer goin' on. He's should've called it "Totally Messed Up Triage". He has a board, but not like here at all.

I watched Dr Phil religiously two seasons ago.

Last season, when he started going "Oprah" on us with all the celebrities, I cut down to a few times a week.

Now, I can go weeks without watching him.

When it isn't celebrities, it's the same old stuff all the time. Usually parents, who after years of letting the kids have their own way, wonder why they won't mind. Well. duh!

I loved his MB first and second season. When the mods let our posts go through right away. And, only intervened when users started bashing each other.

Third season, censorship set in. They reviwed every message before posting it. Everyone of my messages comparing Dr hil to Oprah never made it.

The new MB is even worse. Impossible to navigate. The posts are now listed in reverse chronological order.

As for Dr Phil, I think he's "whipped". He says his wife is very "assertive" and he finds it safest to say "Yes, dear. No, dear".

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## Re:2 extra hours a day

Posted by valtina - 2006/04/28 16:28

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Either he's whipped or he's well aware of his predominantly female audience and says what he thinks they want to hear.

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## Re:2 extra hours a day

Posted by Debby - 2006/04/28 16:48

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I have an idea in case SO really does fold. The idea for the show is this: they take Dr. Phil and Dr. Stan and put them into a house of co-eds(half womem and half men) to be called, THE NEW STARTING OVER HOUSE, to help the hg with relationship issues. They are two licensed psychologists so they can do the therapy and, maybe bring in guest star life coaches who work with the hg for a few week or so, then rotate, such as Rhonda and Iyanla or others.

Yes, I'm just kidding. But, Dr. Phil's ratings are so great, I'm sure it would get a good following. I know it sounds too Real Worldish, but if you watch the realty shows such as Real World, The Surreal Life, etc., you will know that those people really need help!!

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## Re:2 extra hours a day

Posted by Boyz Mom - 2006/04/29 00:47

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Wow. I feel the same way and feel an almost desperate rush to make contact on this message board. What will we do without SO? Well, after a period of floundering, I will try to remember the words, the essence of each of the life coaches to help me get along. Which means I will still want to visit this board. We don't know FOR SURE that the show is gone,

but if it were so, could we still have this board?

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## Re:2 extra hours a day

Posted by turtle - 2006/05/01 17:15

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valtina wrote:

Either he's whipped or he's well aware of his predominantly female audience and says what he thinks they want to hear.

Telling people what they want to hear isn't doing them any favors.

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## Re:2 extra hours a day

Posted by valtina - 2006/05/01 20:03

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True enough Turtle. But I don't think Dr. Phil is unmindful of who his audience is, or what they would appreciate if he is to remain someone they admire enough to watch his show and buy his books. My personal take is that he is the Boss in every aspect of his life where he wants to be, at home and at work, and that the concessions he makes to his wife's alleged control or dominance in some areas are largely tongue in cheek, or simply in those areas he chose to delegate to her. I have never viewed him as "whipped," although he does play at that sometimes on the show.

Unfortunately, he rarely follows his "cases" to see how things turned out, or gives them the same in-depth coverage as SO does. So for me, it doesn't have the same therapeutic value as SO and is more of a common sense advice show - without the digging deep I enjoy so much on SO.

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## Re:2 extra hours a day

Posted by Gracie - 2006/05/02 02:17

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I know some nice MB that have lots of options and time wasting threads we would love to have you come play with us. We only have nice ppl intrested? Send me a message

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## Re:2 extra hours a day

Posted by turtle - 2006/05/02 18:05

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valtina wrote:

True enough Turtle. But I don't think Dr. Phil is unmindful of who his audience is, or what they would appreciate if he is to remain someone they admire enough to watch his show and buy his books. My personal take is that he is the Boss in every aspect of his life where he wants to be, at home and at work, and that the concessions he makes to his wife's alleged control or dominance in some areas are largely tongue in cheek, or simply in those areas he chose to delegate to her. I have never viewed him as "whipped," although he does play at that sometimes on the show.

Unfortunately, he rarely follows his "cases" to see how things turned out, or gives them the same in-depth coverage as SO does. So for me, it doesn't have the same therapeutic value as SO and is more of a common sense advice show - without the digging deep I enjoy so much on SO.

That's why I liked his first Dr Phil Family series. He worked in depth with Marty, Erin, Alexandra (pregnant with Nathan), and Katherine. He had them back for a followup last season. And, will have them back for another one later this month. I think it's his predominately female staff that's responsible for him telling women guests more what they want to hear, than need to hear. He once said, in an O Magazine issue, that out of a staff of 140, 120 were female.

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## Re:2 extra hours a day

Posted by valtina - 2006/05/02 18:30

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Yep, that proportion of female staff would probably make a difference and help him appeal to a largely female audience.

I had forgotten about that one family. I saw at least two shows about them and I liked that too, the more in-depth treatment their issues got. In fact I think I saw an ad that he is bringin them back with some new "shocking secret." After SO, I wonder if there's anything left that's really "shocking." ;)

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## Re:2 extra hours a day

Posted by turtle - 2006/05/02 19:10

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I just checked the official website and saw that, while the Pheonix casting call had been cancelled, they're still soliciting tapes from those wishing to be on next season. The list of issues they're looking for has also been revised since I last checked their "casting" section. Maybe they've decided to quit having casting calls. And, realize that viewing submitted tapes and doing an in depth investigation is a better way to weed out those just wanting face time on TV.

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## Re:2 extra hours a day

Posted by virgobx - 2006/05/03 16:48

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I am trying not to think about it. I have watched SO since the first season. I still miss Rana. But I could not imagine SO without Iyanla. This show has helped me to maintain my sanity and clarity throughout the past 3 years of suffering severe abuse, leaving a relationship, receiving my degree and raising my son who has autism. I learned so many priceless lessons, cried, laughed, cheered and built affection for each of the housemates that have blessed my tv screen. There has never been another show like SO and it is a crying shame for show business when programs like SO have a hard time staying on the air and sitcoms and reality shows that show the perverted side of life without offering healing and connection stay on for decades. I have been inspired to discover the purpose of my own life through this show. I am in my final year of graduate studies in school counseling/psychotherapy now and I have applied many of the life coaching skills that are used on this show, which include art therapy and cognitive exercises. I believe that what we learn we must share with others and the awareness that I learned about myself through P.J.'s tender insecurity to Rain's wise feistiness to Candy's definition of a true woman to Josie and her pain through relationships and single motherhood. Never has there been a forum for women to feel safe sharing and growing together without judgment and perpetual drama on television. When and if SO goes off the air, I will continue to search for the balance that we all seek and remember that it can not be done without assistance, true introspection and willingness to be honest. Then we can truly give ourselves what we need to reach our goals. It's never too late to start over and over and over... SO ROCKS!

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## Re:2 extra hours a day

Posted by sullie103 - 2006/05/03 17:50

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After much reflection, (and depression) about SO being cancelled, I am trying to convince myself that I become too invested in the lives and futures of the SO guests. Maybe when I no longer can focus on them, I will become more invested in myself and become more positive and productive. Heaven forbid, that I would find a social life.

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## Re:2 extra hours a day

Posted by grizzlys4 - 2006/05/03 18:35

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Hey sullie.....I hear ya!

If indeed the show is cancelled, we'll all have to get together somewhere and make a really cool social life, eh????!!!!

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## Re:2 extra hours a day

Posted by KPW1956 - 2006/05/03 18:42

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turtle wrote:

I just checked the official website and saw that, while the Phoenix casting call had been cancelled, they're still soliciting tapes from those wishing to be on next season. The list of issues they're looking for has also been revised since I last checked their "casting" section. Maybe they've decided to quit having casting calls. And, realize that viewing submitted tapes and doing an in depth investigation is a better way to weed out those just wanting face time on TV.

I wouldn't put any money on that....

The SO website has not been updated very well at all since fall. Some weeks they don't even update the episode guide until the week is almost over. The Life Resources listing and episodes where specialists / special resources were highlighted hasn't been updated in a long time. The last person listed was one of the specialists who came to help Jill find her dad.

Whoever updated it a few weeks ago when Cassie first came to SO3, they had the wrong Cassie listed. Made me think some high school kid has been delegated to the upkeep of the site. What little upkeep that has been done.

Those suggested life stories...have been there for some time.. I don't think they've changed.

Heck they haven't updated any where are they now profiles...all year... and not even 1 SO3 person listed!

Yah....The writing is on the wall... I think!

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## Re:2 extra hours a day

Posted by valtina - 2006/05/04 03:49

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Know what Sullie? Have been thinkin' the same thing. Putting the amount of time, energy and analysis that now go into watching the show, debriefing on it on the board and thinking about it, into my OWN life and goals, sounds like a plan. The show has been very helpful and on point for me in many ways, but I am thinking that if it ends, then I will have hours of my day back! Maybe it's like Jodi said, I am excited to "leave" and live my life!

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## Re:2 extra hours a day

Posted by KPW1956 - 2006/05/04 08:34

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valtina wrote:

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I am so with you there Valtina!

If I spent half as much time with housework and organizing...(the latter a particular problem area!) as I spend on the show...watching it and the boards... My home would be immaculate!

I've often thought about starting a thread.. What issue would you like to see addressed on SO or what would we want to go in there for.... if we were brave enough to do that!

My issues would be procrastination and organizing!

I will miss the show... and hope to not pick up a substitute habit!

When Jodi was dealing with everyone else's problems instead of her own... I thought of the show and these boards as the same type of thing in my life. It's easy to sit here and observe the issues and comment on them like a Monday morning quarterback... but applying the lessons observed isn't coming quite as quickly for me. But at least I'm getting the food for thought down pat. The procrastination is firmly ingrained!

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## Re:2 extra hours a day

Posted by Parker - 2006/05/04 16:57

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I have no idea what I am going to what I am going to do. I have been out of touch for the last two weeks because of health problems and that was bad eanough. I might have to actuall get a hobby or something:P .

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## Re:2 extra hours a day

Posted by Mystique - 2006/05/04 22:02

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Parker wrote:

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Hey Parker!!! LTNS girl! missed ya! I dunno what's going to happen to SOT if SO goes off air... maybe we can all stick around and couch potato psychoanalyze/support each other lol j/k I don't like the thought of losing contact with some good friends I've met through here.. so I'm sure if Tara keeps the site going we'll find something to chat about! Can never have too much of a support system.. and for those that don't have enough at home, this is sort of our lil home away from home ;) Stay in touch!

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## Re:2 extra hours a day

Posted by Parker - 2006/05/05 14:20

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Mystique wrote:

Parker wrote:

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True, true. There are enough people with varying opinions on any given topic that we should be able to keep this board occupied for a loooooonngg time:) .

Besides, I like this board. The people are respectful and polite, even to those they disagree with.

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## Re:2 extra hours a day

Posted by Sistine - 2006/05/05 14:23

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Have you read other boards? OMG they are so rude and mean about the HGs, LCs and even each other!

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## Re:2 extra hours a day

Posted by pedels - 2006/05/05 15:42

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hi i just cant belive they will give this up. change stations or what ever. let just use ronda and the man. i dont know why i cant remenber his name. i will not be pleaseed if they take it off.

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## Re:2 extra hours a day

Posted by grizzlys4 - 2006/05/06 03:29

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Parker wrote:

Mystique wrote:

Parker wrote:

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Besides, I like this board. The people are respectful and polite, even to those they disagree with.

Oh so very true y'all!!!!!!!!!!!!

We could stay busy for weeks, months, years, decades!!!!!! ;)

That is a rather pathetic plea on my part to keep the boards even if the show goes, eh???? Can everyone see right thru me??

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## Re:2 extra hours a day

Posted by Parker - 2006/05/06 16:53

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grizzlys4 wrote:

Parker wrote:

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Oh so very true y'all!!!!!!!!!!!!

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Clear as plastic wrap.

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## Re:2 extra hours a day

Posted by Gracie - 2006/05/22 00:34

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<http://natschat.proboards57.com/index.cgi>

Come here only nice people and someone always there and something always to do. Try it

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## Re:2 extra hours a day

Posted by onendb - 2006/06/03 22:07

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Really is it going to be over??

This show is so wonderful...it just can not be over for good.

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