

Thoughts after a fall.

Posted by WeWillWalk - 05 Apr 2011 10:52

So I had a fall just some minutes ago and I could begin kvetching the same deal again,why me Hashem,why me,why do I have this problem and to be real let's say it: IT DOESN'T help me at all! The only thing I can do is accept I have this problem. We all go through all these thoughts: How can I,a man that is /religious/married/yeshiva bochur/common man be an addict? Well,that's exactly the point,it must mean that we've got something great in us,and that's why Hashem is giving us this challenge. And the best thing is that we've got this challenge because we can pass it! For me,that's enough to know,that I can pass this challenge.

It's funny sometimes,how we act like little kids. Making my addiction worse is my depression/anxiety and with both things I was behaving the same: denying I've got a problem,saying "If only I could understand why I've got this it would be much easier" and so on. To quote my chemistry teacher: "A chair is a chair. There is nothing to understand". Same thing here. We've all got a problem. Period. Trying to understand why I've got this problem actually didn't help me at all,what helped me was knowing how to deal with the problem and getting the help and medication I needed to treat depression and anxiety. Looking back now I realise that Hashem is with us all the time and helps us and the thing we need to do is open up our hearts and recieve the help. If we could only do that,think how much easier things would be. So today,please Hashem,open up my heart and help me recieve your help!

Lot's of love to you all. We're all Hashem's warriors,spreading the light.

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Re: Thoughts after a fall.

Posted by DovInIsrael - 05 Apr 2011 11:56

hi wewillwalk -

are you afraid to slip from a chair?

afraid of falling from the chair?

my guess is, no.

so whats the difference?

the chair is real.

when we get triggered - we forget about Hashem being real.

we become numb to our surroundings - the ego takes over..."FEED ME!"

we give in.

we become slaves to our desires.

but guess what?

Pesach is right around the corner -

you can choose a different path.

you dont have to be a slave any more.

FREEDOM!

post.

join a group.

post some more.

welcome to come join my Tues tel-group (see the details in the STOP THE BUZZING thread, in Break free)

tue 2:30 eastern

we are holding at the 4th step - but doing a special class. more or less just the topics you are asking about.

if that does not work - find another group.

bottom line - its time to do something different. assuming of course you want different results.

in any event.

hi.

nice to meet you.

dov.ii (in Israel. Not the same as the daily dose of Dov)

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Re: Thoughts after a fall.

Posted by WeWillWalk - 09 Apr 2011 20:48

Now I am having an attack of anxiety and depression, but I thought before I should act out that I should drop by here and write a line or two. I want to act out! All right, I spit it out. Now the urge seems to pass. Thank you Hashem. Now I'll probably head to sleep. Good night people!

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Re: Thoughts after a fall.

Posted by Eye.nonymous - 09 Apr 2011 21:02

You seem to have noticed a link between your depression and anxiety, and your acting out.

I think that's a good start. Keep an eye out--what causes these negative feelings. When does it start? I have noticed, in myself, is it more often a gradual build-up than a sudden attack. The sooner I can catch it, the easier it is to change it. What can you do to improve your mood; to take your mind off the problem and instead do something positive and useful?

Just something to think about.

--Eye.

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Re: Thoughts after a fall.

Posted by WeWillWalk - 09 Apr 2011 21:14

Same for me,it builds up. Need to figure out where it's coming from. Was thinking about acting out again so that's why I came here again.

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Re: Thoughts after a fall.

Posted by Eye.nonymous - 09 Apr 2011 21:19

What has worked for me is that, it doesn't really matter exactly WHERE it's coming from. The source is, in general, thinking too much about myself. What do I think, how do I feel, how does this affect me, what am I trying to do. ME ME ME. I find it is helpful to get my mind off myself; help my wife, wash a dish, change the baby's diaper or make a bottle or wipe the snot off his nose, or pick up the phone and call someone and ask them how they're doing.

--Eye.

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Re: Thoughts after a fall.

Posted by WeWillWalk - 09 Apr 2011 21:24

That's a good idea..so we are being egocentric without even knowing it??

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Re: Thoughts after a fall.

Posted by Eye.nonymous - 09 Apr 2011 21:26

[WeWillWalk wrote on 09 Apr 2011 21:24:](#)

so we are being egocentric without even knowing it??

THAT is our specialty.

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Re: Thoughts after a fall.

Posted by WeWillWalk - 09 Apr 2011 21:28

Wow,that's the first time I see it like that.

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