

the void

Posted by nitzotzeloki - 07 Apr 2013 18:34

unfortunately im dealing with some very severe depression which started recently (it usually happens this time of year) i feel like a complete piece of **** and davening and learning is really difficult for me. i want to connect to Hashem but the only g-d i know when im in this state is the g-d of fantasy and temporary pleasure. ive been white knuckling it so far but as dov says 'how long can you hold youre breathe?' i feel totally self involved, stuck in my own head which is the worst place for me to be. ive been reaching out to get some off internet help and im holding on the best i can. i feel this empty space inside and i dont know whats even supposed to go there. im not good at saying what i actually feel, always thinking that i 'have' to be okay. well right now im not okay.

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Re: the void

Posted by cordnoy - 10 Nov 2014 05:39

I'd like to talk about YOU; what's goin' on?

Please tell.

b'hatzlachah

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Re: the void

Posted by dms1234 - 10 Nov 2014 05:40

But my favourite subject is you.....

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Re: the void

Posted by nitzotzeloki - 10 Nov 2014 09:40

ok ok.

still in NY. hope to go back home soon. have been struggling with accepting life on G-ds terms with the result being occasional falls. B"H i havent been staying down. i was at a meeting today and the thought went through my mind how much worse off i could be and how much worse off ive been in the past. my ego has been taking hits from my not staying clean but i dont feel that im being complacent. could i be doing better? yes could i be doing worse? yes but guess what? all i have is exactly how im doing! when i start my day with an inventory at night and giving myself over to Hashem in the morning everything works out. when i dont give my day over to Hashem.... Hashem lets me try and run my life with the inevitable result that i run back to Him.

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Re: the void

Posted by nitzotzeloki - 05 Dec 2014 11:10

so this news is a couple of weeks old but.....

Warning: Spoiler!

i had some things i was going to add that i though were inspiring but for some reason my brains not working. im gonna go to sleep.

have a great shabbos everyone

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Re: the void

Posted by Watson - 05 Dec 2014 13:36

MaaaaaaazzzzzzzzzzaaaaaaaaaaaaaaIIIIIIII Tovvvvvvvvvvvvv!!!!!!!!!!!!!!

May you be zoche to have a Rebbetzin who's proud of her husband's torah and yiras shomayim.

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Re: the void

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Re: the void

Posted by Machshovo Tova - 05 Dec 2014 19:58

Mazel Tov! I don't know what she looks like (and it's none of my business), but based on your own picture, you probably got the better part of the deal.

Hatzlacha

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Re: the void

Posted by gibbor120 - 05 Dec 2014 23:09

MAZAL TOV!

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Re: the void

Posted by shomer bro - 09 Dec 2014 07:42

MAZEL TOV!!!!!! I'm so excited for you!!! May you and your kallah be zoche to much brach v'hatzlacha and build a bayis neeman b'yisroel l'sheim ul'sifares!!

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Re: the void

Posted by Shmeichel - 09 Dec 2014 16:36

may you both have a long happy life, full of joy and unity

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Re: the void

Posted by skeptical - 10 Dec 2014 01:18

Mazel Tov!

May you build a binyan adei ad!

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Re: the void

Posted by ZemirosShabbos - 10 Dec 2014 23:21

Mazel tov!

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Re: the void

Posted by nitzotzeloki - 25 Dec 2014 00:54

hey all, BH life is crazy. lots of planning and details and such.

i am looking for someone who has and is working SA 12 steps to be in touch with. if such persons could PM me for further contact info that would be great

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Re: the void

Posted by nitzotzeloki - 01 Jan 2015 10:06

was feeling overwhelmed, than i remembered duvid chaims "turn the got-to's into get-to's"

Thank you Hashem for everything. with out You i am nothing. thank You for giving me so much Blessing in my life. Blessings beyond my wildest dreams. Thank You for the opportunity to start building a home. Thank You that the million and one things that i have to take care of are for my wedding and for my life after. i have been davvening for this for so long. Thank You for putting such amazing people into my life.

this list could go on forever and it still wouldnt be complete.

may we all be blessed to be able to see how blessed we are

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