

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 gibbor120 - 21 May 2013 19:25

[israel613120 wrote:](#)

here is a quote, it was on Kedusha's thread. I'd like it to be my signature if someone will tell me how to do that.

We are not fighting the YH as a process to get through in order to be able to get back to normal life; the fight with the YH is the essence of our existence

- Click the "Profile" Tab at the top of the page. (Next to "Index" "Recent Topics" ...)

- Click the "Edit" Button on the far right

- Click the "Profile Information" Tab and scroll down to the bottom of the page. There is a text area for your signature.

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Re: the void

Posted by nitzotzeloki - 28 May 2013 16:55

unfortunately i fell on shabbos and again on motzai shabbos. it wasnt pretty (never is). Hashem has guided me to people who are helping me in a non virtual way. i need to be connecting more to people. i hope to be spending as little time as possible on line so i dont know how often i'll be checking in. Hashem gave me two months since my last fall. they were awesome. time to get up again.

love you guys

avi

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Re: the void

Posted by qi - 28 May 2013 17:51

I just want to say well done for getting through 2 months. I haven't had 2 clean months since I was 12 years old, I'm jealous of you for that. I'm sure you do this, keep at it.

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Re: the void

Posted by syataDshmaya - 28 May 2013 20:25

Dear Avi,

Be aware that guilt is the Yetzer Hara's best friend. The past is out of our control. It is therefore none of our business. We do have some say in what happens RIGHT NOW. After a fall, we may find it helpful to think about the patterns of thoughts, feelings, and behaviors leading up to it. That way, we can try to learn and grow, which is exactly what the Yetzer Hara wants us NOT to do. He wants us to live in the past, (especially the dark past), or think about the future, (ie. how will I ever stay sober for more than 2 months, more than a year, I'm going to be like this my whole life, ahahah! blahblahblah). Just focus on today, or the next hour.

We have to also know that Hashem ALWAYS wants our tefillos. We should not fool ourselves into thinking that we are too low to reach out to Hashem - HE IS EVERYWHERE. That means, even in our darkest moments, Our Loving Father In Heaven Is There With Us. Ask Him for help. We are never alone (but we can pretend to be). The Yetzer Hara is Hashem's fiery angel - don't beat yourself up for losing the battle. You will win the war - Hashem will win it for you.

With love,

Syata

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Re: the void

Posted by gibbor120 - 28 May 2013 21:10

[nitzotzeloki wrote:](#)

Hashem has guided me to people who are helping me in a non virtual way. i need to be connecting more to people.

Amen!

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Re: the void

Posted by some_guy - 28 May 2013 23:38

Find it amazing that you went 2 months clean! Ever since I first M, I have never gone even 1 month clean! Even after visiting this site for more than a year, the best I have done is a week. Don't underestimate your achievement.

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Re: the void

Posted by nitzotzeloki - 31 May 2013 00:15

B"H its been a good week. spent most of it speaking to fellow strugglers about how we can improve our own journey as well as be of service to others. Hashem gave me an amazing gift and i know that im not starting again but continuing on my journey.

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Re: the void

Posted by nitzotzeloki - 02 Jul 2013 16:12

its been awhile since i posted on my own thread. so heres some updates

@alex, i got 'feeling good' by david burns and ive been finding the techniques to be very helpful. thanks for the suggestion

i went into yerushalayim to meet some of the chevra. it was a short meeting but totally worth the travel time. meeting people in real life makes the forum more meaningful. i hope that Bizras Hashem these meetings will happen more.

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Re: the void

Posted by AlexEliezer - 03 Jul 2013 21:09

Good stuff!!

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Re: the void

Posted by nitzotzeloki - 06 Jul 2013 22:33

shabbosim have been really hard for me lately. B"H this shabbos was great.

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Re: the void

Posted by Pidaini - 07 Jul 2013 01:47

"Mi shetarach B'erev Shabbos (thursday night at O.I.N.K) yochal B'Shabbos"

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Re: the void

Posted by nitzotzeloki - 07 Jul 2013 11:49

the O.I.N.K. meeting for sure helped! and thats due to you guys.

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Re: the void

Posted by zvi - 07 Jul 2013 15:59

I'm liking the new avatar avi!

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Re: the void

Posted by nitzotzeloki - 07 Jul 2013 16:06

thanks! i was wondering if it would be breaking anonymity due to its close resemblance to yours truly but hey, sometimes we gotta take chances in life

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