

Anxiety anxieity anxieity

Posted by gman613 - 13 May 2014 12:14

Not sure if this has been discussed on this forum but I suffer from terrible anxiety and this area seems to be my only way of feeling some kind of release from the strain. (I had never fallen before getting married TG but after experiencing the feeling for the first time after getting married its been a battle to stop ever since) 2 different therapists (non religious) tell me I'm being top hard on myself and that I need to cut myself some slack and allow myself the chance to experience it and get it out of my system. It kills me when I fall and I need guidance. Fighting the urge only makes me more anxious which in turn makes me moody and depressed. How can I find my balance?

Please help!!

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Re: Anxiety anxieity anxieity

Posted by SIB101854 - 21 Apr 2015 16:13

I have been on binges of masturbation and porn prior to coming here-once you are in the midst of a binge-there really is no way out. I really fooled myself for a long time in thinking that I could go on a binge, go cold turkey and then avoid confronting and dealing with my addiction and its causes.

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Re: Anxiety anxieity anxieity

Posted by Nevergivingup101 - 26 Apr 2015 13:44

Hi, Anxiety is a horrible feeling and I know how it feels. It is usually caused by depression which is a common trigger for us to fall. If I were you stop seeing the Non-Frum psychologist because their words are the opposite of what is written here.

1. Feeling anxious in certain circumstances is normal for us. It is how G-d created our brain it is normal to feel anxious in certain circumstances.

2. There are many ways to remove anxiety

3. Let it go and let it flow- If you feel anxious do not tense let your body take it will go quickly.

4. Foods are VERY important. I strongly recommend to stop eating chocolate, eggs and a lot of meat because this all builds adrenaline in us which causes us to be anxious but it also can cause an erection.

5. Do exercise! even if it is going for a morning or afternoon jog it burns off adrenaline

6. Ban yourself from the internet or if you have to use it put a filter on it. (This is strongly recommended because sometimes the most "innocent websites" can have the most "dirty images"

7. Trust In HaShem I truly believe with his help you, me and the rest of us on GYE can overcome all the bad stuff that internet has.

8. I am not Breslov but Rabbi Nachmen says that if one is to "Waste his seed" he should say these 10 Tehillim 16,32,41,42,59,77,90,105,135,150. Personally when I say these tehillim I feel relieved and feel as if I can start fresh again.

I hope you feel better!

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Re: Anxiety anxeity anxeity

Posted by cordnoy - 13 May 2015 15:47

[Nevergivingup101 wrote:](#)

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Should he say those prior to wastin' his seed or post?

Thanks

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Re: Anxiety anxieity anxieity

Posted by TalmidChaim - 13 May 2015 15:58

My opinion on this, as someone with Generalized Anxiety Disorder...

It's a medical condition, as chemical as any other physiological disease. As such, it needs to be treated by a medical doctor, with medication, if the doctors sees that course of action fit. It's nothing that could be willed away, or thought-out, and it definitely should not be left-alone. Very often, the perspective of anxiety disorder becomes a person's baseline reality, and the person doesn't realize just how distorted their perspective on reality has become. That's why a competent professional, trained, medically, in that area is very, very necessary.

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Re: Anxiety anxieity anxieity

Posted by marco - 13 May 2015 18:51

I have anxiety and could relate to you.

I recently started taking a SSRI for anxiety and it helped me with my anxiety and sexual lusts as it reduced my sex drive a little.

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Re: Anxiety anxieity anxieity

Posted by shlomo613 - 13 May 2015 20:17

Gman,

Thanks for starting this thread. There's so much to go with - great responses from imperfection, and the usual scholarly discourse from TC (TC do you have these thick reading glasses, swirling cigar smoke and an old puffy leather chair in your study with parchment tomes on ancient bookcases? I just have this vision).

I was diagnosed in the past with mild OCD (thoughts) and anxiety so I relate to a lot of what you

said. I also used to have a constantly churning gut, and deep unease and disquiet.

All these things have disappeared. I firmly believe that it is because of hisboidedus.

I wish I could, but I can't explain how. And the more I try to explain the more likely I will be steering you away from the real ways hisboidedus works.

However, I will try my very POOR best to give my sense of what I believe was going on with ME - and it may just be that it applies to you too.

I posit that your neshama is in great pain: it's trapped possibly by the mediocrity of all your deeds. If you are incredulous at the suggestion, ask yourself: how good is your shachris? How good do you think it is to be close to Gd? Are spiritual endeavours something so dear and precious to you? If you can't answer a strong yes to these, then it's possible your neshama is in pain and the symptoms you report are manifestations thereof.

Hisboidedus has this unique ability to lift up all your actions, that you aspire to better things - and it addresses the deficiencies mentioned in the previous paragraph. Of course it does so much more, and there's other ways hisboidedus works that I can't articulate.

What is hisboidedus: making time when you talk to Gd in your own words undisturbed by people or things, and with no pressure to rush your words. These are things that so few of us find in the regular davening (we've got to get to yishtabach, no?) and this used to be how klal Yisroel davened before anshei kenesses hagedola were koiveia the nusach hatefilla. It's the way of the avos, Dovid hamelech - and so many others.

With it is sweetness, deep peace, security, and trust.

To give you an idea: I used to be a swimming junkie - clocking up miles four times a week most of them 7am in the pool - and it gave me a lift all day - as we all know it does.

I reduced my swimming as hisboidedus took its early morning place. And if it didn't give me more chiyus, life and peace I wouldn't be doing it.

I suggest that it is worth giving it a try, because with time it can relieve you from some of your symptoms. And if not.., have you lost...?

POST-SCRIPT: I may get flak for 'unscientific hocus pocus' and for the presumptions I've made. However I can tell you that I was one sick bunny and I am a different creation because of hisboidedus. I'm saying what worked wonders for me.

I'm not advocating not seeking medical attention particularly where it causes severe distress and life has become unmanageable. I recognise that Gman may not have what I had. Nevertheless I believe in what I've advocated. Also for a number of reasons I haven't quoted sources to support what I advocate but this is not completely my own notion.

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PSS. Gman, Could you not decide how to spell anxiety?