

feeling the need

Posted by jay123 - 19 Oct 2015 09:39

hi all.

wondering if anyone gets real desire to act out on times like motzei shabos. For some reason it's 1 time in the week that it really gets to you and it's extremely difficult because of the long winter motzei as well.

Please help if anyone can share any advice and tips.

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Re: feeling the need

Posted by Ezra - 19 Oct 2015 11:10

Jay - It is a great observation. Have you thought about why it is difficult? Do you generally find yourself connecting to real people on Shabbos and/or/vs during the week? Having what to do?

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Re: feeling the need

Posted by markz - 19 Oct 2015 11:38

[Yesod \(Oct 18\) wrote:](#)

Thanks folks,

Markz, absolutely agree with you regarding Motze Shabbas, it is always the weakest time of the week for me as well.

I think it has more to do with it being "free time"

Six days a week we work - Sunday to fri, Shbs is day of rest.

BUT motze Shbs is time of freedom, to browse the Internet...

Well of course! We deserve it, we need down time (and whatever other excuses, after sleeping most of Shabbos...)

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Re: feeling the need

Posted by cordnoy - 19 Oct 2015 12:33

Welcome jay,

How do you manage the rest of the week?

Thanks

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Re: feeling the need

Posted by jay123 - 19 Oct 2015 12:36

As a matter of fact I usually don't find myself socializing on shabos only with family.

thanks for feedback.

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Re: feeling the need

Posted by markz - 19 Oct 2015 12:41

[markz wrote:](#)

[Yesod \(Oct 18\) wrote:](#)

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Well of course! We deserve it, we need down time (and whatever other excuses, after sleeping most of Shabbos...)

And some peoples motze Shabbos ends on Monday morning...

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Re: feeling the need

Posted by Gevura Shebyesod - 19 Oct 2015 13:21

Rav Shalom Schwadron ZT"L used to refer to Sunday as "Shabbos Sheini Shel Goluyos".

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Re: feeling the need

Posted by serenity - 19 Oct 2015 13:28

It was the hardest time for me.

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Re: feeling the need

Posted by Shlomo24 - 19 Oct 2015 19:10

I think that finding something to do on M"S can really help. For me the biggest trigger is boredom. If I am bored then lust hits like crazy. I gotta be doing something at all times. Which is why M"S can be hard with all that free time, especially in winter.

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Re: feeling the need

Posted by belmont4175 - 19 Oct 2015 19:11

I know some of you might not like this one but nevertheless it has some truth.

???? ???? ??? ????? ??, the soul feels empty after the holy spirit of Shabbos departs, and seeks fulfilment with whatever it can grab, some engage in learning with the kids, many make a special shiur on motzei shabbos that may follow with a nice MM or KUMZITZ, when that's over its bedtime already, and for some the feeling of loneliness kicks in and opens the door for the YH to entice us with whatever, it's important to be vigilant about it.

Try whatever works!

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Re: feeling the need

Posted by Shlomo24 - 19 Oct 2015 19:23

this past shabbos i was actually going 2 go to a kumzitz but i had a very uplifting shalosh shuddis (how the heck do u spell it anyways?) that i was like, "i got enough singing/dancing/uplifting experience for one day".

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I got to SA on M"S. there's a lot of spirituality there

Re: feeling the need

Posted by waydown - 19 Oct 2015 20:42

Jay,

Its the hradest nite for me as well. Many of my reasons have been posted by others (such as bemost and shlomo). But here is a few more,

1) If I sleep too much on shabbos then I am twisting and turning too much on Motzai shabbos. Too much time awake while lying in bed is dangerous for me. So I try to only take a very short drimel on my couch so I can sleep on M shabbos.

2) My shabbos eating habits. Facts are the certian foods bring the itch on stronger. As we all know on erev yom kippur one should not eat eggs or meat lest he be M"Z on yom kippur. Well shabbos afternoon I eat eggs & cholent. Then on top of it, using the restroom often brings on the itch as well. Thats not to great on M Shabbos either.

Sorry if I got graphic.

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Re: feeling the need

Posted by mggsbms - 20 Oct 2015 10:31

Great stuff!

[belmont4175 wrote:](#)

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Re: feeling the need

Posted by serenity - 21 Oct 2015 02:19

Agree

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