

Do you take meds?

Posted by mikestruggling - 30 Jun 2017 03:39

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Hatzlocho

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Re: Do you take meds?

Posted by bb0212 - 03 Jul 2017 12:46

[mikestruggling wrote on 30 Jun 2017 03:39:](#)

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Hatzlocho

What type of meds do you mean? Anti depressants & stuff like that?

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Re: Do you take meds?

Posted by mikestruggling - 03 Jul 2017 19:23

yes sorry i should've been more clear

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Re: Do you take meds?

Posted by bb0212 - 05 Jul 2017 03:49

[mikestruggling wrote on 03 Jul 2017 19:23:](#)

yes sorry i should've been more clear

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Yup. Since 2014 (maybe 2013, not sure) I've been on meds. So many different meds didn't work and were either prescribed incorrectly out by an incompetent Dr.. BH I've been doing much better for the past two years or so and the stuff that I'm taking is actually helping. Does taking meds make the challenge of ?????? more difficult for you?

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Re: Do you take meds?

Posted by mikestruggling - 05 Jul 2017 06:08

no, it actually helps

i once was having a hard time staying away from a certain woman i felt i was gonna act out with her my psychiatrist said i should up my dosage and it worked

the only downside is that i sometimes feel depressed that i'm on meds then it gets me a little

how about you?

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Re: Do you take meds?

Posted by bb0212 - 06 Jul 2017 03:29

[mikestruggling wrote on 05 Jul 2017 06:08:](#)

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how about you?

Doesn't bother me at all. Having dealt with depression, I don't care what I have to do to stop it, it's worth it. Depression is such a drain and unbelievably destructive, I'm fine if I'd have to be on meds for the next 10,000 years (I hope I can afford that much medication).

Additionally, there are do many people with mental illness today. Many are on meds, but don't want anybody else to know, many don't know it, but they should really be taking meds and a bunch of folks are in denial & don't take meds even though they need to. Pretty much the rest of the ppl in the world either understand that mental illness doesn't define who a person is or they think that all ppl with mental illness are messed up.

oh yeah, there are also those on meds &
don't think it changes who they are.

That's what I try to be.

As a matter of fact, because of my depression, I'm able to help many ppl that many other "normal" people can't help. I can understand what depressed ppl are feeling & I can therefore help them. That's a tremendous gift and one of the blessings that Hashem gave me when he showered a heavy dose of depression on me.

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Re: Do you take meds?

Posted by bb0212 - 06 Jul 2017 03:40

The way I look at mental illness, it's like any other physical illness, only that the physical illnesses are more tangible.

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Re: Do you take meds?

Posted by farblunjet - 06 Jul 2017 05:28

it actually helps

same here. it helps for the immediate urges but not for the long term melancholy that sets in after about a week

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Re: Do you take meds?

Posted by bb0212 - 06 Jul 2017 10:48

[farblunjet wrote on 06 Jul 2017 05:28:](#)

it actually helps

same here. it helps for the immediate urges but not for the long term melancholy that sets in after about a week

Taking an anti depressant shouldn't be making you sad long term....

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Re: Do you take meds?

Posted by farblunjet - 06 Jul 2017 17:03

I take anti-anxiety medication

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Re: Do you take meds?

Posted by mikestruggling - 07 Jul 2017 04:21

I also take anti anxiety though I don't think I'm getting depressed i just get lethargic and that may be a side effect

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Re: Do you take meds?

Posted by bb0212 - 07 Jul 2017 04:39

[farblunjet wrote on 06 Jul 2017 17:03:](#)

I take anti-anxiety medication

Ah. I'm guessing the depression is a side effect?

Have you tried any sort of therapy for the anxiety? If yes, I wonder if you'd be able to apply some of those techniques to help curb your lust...

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