

Physical vs Mental

Posted by still fighting - 25 Sep 2017 05:02

Hello holy brothers of the GYE community. Regardless of where you are holding with this addiction, I daven that you have a clean, strong year of progress.

Has seen that daily exercise has directly and positively effected their mood and approach to this struggle? As I try a renewed effort, I keep wondering, maybe just a daily run will give me the mental health I need to overcome this struggle when I am being tested.

The 12 steps, the strengthening are all mental. Recently I heard Tony Robbins give an incredible 2 hour talk (kind of a "best of") on suffering and he introduces several great concepts but one of them is that most of us are seekers, not livers (meaning we are always searching for new approaches but never make the effort to put them into practice {I'm completely guilty of this})

more importantly, he says, "energy is everything." And you won't end your sadness, struggles etc mentally, rather you need massive action.

Thoughts?

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Re: Physical vs Mental

Posted by Hashem Help Me - 25 Sep 2017 11:03

Lots of truth in your comments. Exercise is very beneficial. Thanks for your tfilos.

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Re: Physical vs Mental

Posted by Markz - 25 Sep 2017 13:03

[still fighting wrote on 05 Feb 2015 18:34:](#)

newaction - Thanks for the reply. Your response was refreshing to read. I will start by finishing the handbook, and I will reassess from there.

cordnoy - Thanks for the reply as well. I haven't opened up to anyone but myself, H' and all of you. I am not sure what that will do, I know where I am holding. The funny thing is that for months I have felt like I am on a seesaw. I get very into my learning and growing and I feel like I could take on the world. Then BAM out of nowhere I completely fall. The YH was quietly scheming behind the scenes. Now, the emunah in me knows on some level, that was H' sending me a sign that I still have plenty of work to do and not to feel high and mighty. So, once again I build myself up and fall. That's the pattern I seem to be stuck in.

gibbor120 - Thanks for the reply as well, it was very encouraging. Knowing that others have been in this place and made it out gives me hope. I know that everyone's situation is different but I just keep trying different things hoping something will help me drive over the "speedbumps."

I might be wrong but my gut tells me getting a new job could fix all this, but I realize there will always be lows in life, and I have to find a solution to dealing with those lows otherwise, I will end up turning back even if I do succeed

Welcome back brother

Exercise helps me, but only when I'm not in lusting 'mode'.

Check what mode/setting you're programmed to. If you need to change the setting, maybe working a 'program' is a good idea

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Re: Physical vs Mental

Posted by dms1234 - 27 Sep 2017 00:40

The 12 steps does have a whole mental change too it but its more than that. The 12 steps are not based on thinking or knowing but on doing. Going to meetings, Doing inventories, doing amends. Its all about bringing the body even if i dont feel like. Action is the name of the game. Exercise is action but it wont "help me overcome this struggle" because i am powerless over lust but it will help me as its self care.

But that is my experience as an addict. Perhaps, yours is different.

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