

What to do if you're Bangry?

Posted by farblunjet - 25 Mar 2020 04:12

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Re: What to do if you're Bangry?

Posted by Embaraased - 26 Mar 2020 17:27

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[hide]My freind,a lot of common cases of the average person being bangry is from real pent up garbage, that bleeds into a need to let it all out. The common cases are people that have been sexually or physically abused or have had another significant trauma in there life's. usually the only way to get through that is to deal with the real problem is by going through therapy (witch especially in the yeshiva world is kinda a pain in the rump to do)witch if done right can be an absolute game changer. but if you need and instant fix, a way to let your anger-turned teivas out is by working out immediately (it's something therapists will also tell you) and as you go down for the push up and you feel the strain push in to it and let it out on the floor push up with all your might push your stress onto the damned floor! your abs are killing as you crunch up but give a yell and push for another one it literally can be a game changer and you will not just lose your angry crap in your head you will also lose your teivas (just for the time being relax

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Posted by Embaraased - 26 Mar 2020 17:28

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