

Need to vent

Posted by Doingbetter - 06 Feb 2023 21:25

First time posting.

a huge trigger for me is stress about finances. I start getting stressed and my brain just tries to throw an urge at me to distract me from the stress and as a "relief". It's like I'm being torn in half between stressing about money, urges popping up to get my mind off the money but then stressing about fighting the urges. I feel kinda trapped.

=====

Re: Need to vent

Posted by Hashem Help Me - 06 Feb 2023 21:34

Recognizing the triggers is a great first step at iyh breaking free. Maybe explore other de-stressors like exercise to replace acting out.

=====

Re: Need to vent

Posted by chancy - 07 Feb 2023 17:18

Hello,

One idea is to stop fighting the urges, just feel them for what they are and they will decrease.

This is calld Urge Surfing- It means that when you get stressed and you feel an urge coming on, dont fight the urge! it will make it bigger. Just sit back and be aware of whats going on, your mind is looking for way out of the pain of stress and it giving you this feeling of pleasure, so look at it and know that this is normal and nothing will happen, the urge will come and go like a wave..... Just get into your head the following.

1. I dont want to take it any further, I will not fantasize, I will not touch myself or anything like that!

If that is clear in your head, then just let the urge/wave decrease and your mind will get used to the idea that you are not making a big deal of it and it will slowly get easier.

=====

