

How do I break the cycle if i have mental issues?

Posted by farblunjet - 02 Jan 2024 02:49

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I suffer from ASD (autism-spectrum-disorder) so it's very hard for me to connect with people. And when i avoid the shmutz i start to feel lonely and disconnected and depressed. What do i do?

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Re: How do I break the cycle if i have mental issues?

Posted by Vehkam - 02 Jan 2024 02:54

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i don't know much about ASD. i am sorry for your loneliness. hopefully posting here can help.

best wishes

vehkam

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Re: How do I break the cycle if i have mental issues?

Posted by farblunjet - 02 Jan 2024 02:58

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To clarify, ASD includes high-functioning autistic people. meaning, you wouldn't necessarily be able to tell that they have any disorder if you conversed with them. But they can have trouble connecting with people on an emotional level. To clarify, ASD includes high-functioning autistic people. meaning, you wouldn't necessarily be able to tell that they have any disorder if you conversed with them. But they can have trouble connecting with people on an emotional level ( among other issues)

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Re: How do I break the cycle if i have mental issues?

Posted by redfaced - 02 Jan 2024 03:28

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This thread by markz may be helpful

[guardyoureyes.com/forum/19-Introduce-Yourself/263954](https://guardyoureyes.com/forum/19-Introduce-Yourself/263954)

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Re: How do I break the cycle if i have mental issues?

Posted by youknowwho - 02 Jan 2024 04:12

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[redfaced wrote on 02 Jan 2024 03:28:](#)

This thread by markz may be helpful

[guardyoureyes.com/forum/19-Introduce-Yourself/263954](https://guardyoureyes.com/forum/19-Introduce-Yourself/263954)

Thanks redfaced! Just went through this, **Markz- AMAZING!!**

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Re: How do I break the cycle if i have mental issues?

Posted by farblunjet - 03 Jan 2024 03:30

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Yes very interesting. Ty for sharing

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Re: How do I break the cycle if i have mental issues?

Posted by farblunjet - 03 Jan 2024 03:40

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going on 8 days clean now which is very rare. But I'm lonely and heading now to my bad crowd to hang out and get some socializing. Not married.

i feel like if i had somewhere to go i could go clean for much longer

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Re: How do I break the cycle if i have mental issues?

Posted by Hashem Help Me - 03 Jan 2024 03:47

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Maybe put some effort in getting in with a healthier crowd.

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Re: How do I break the cycle if i have mental issues?

Posted by farblunjet - 03 Jan 2024 07:04

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I don't even know where to begin. Ive tried joining a few shiurim here and there but its just that , shourim . I need something deeper

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Re: How do I break the cycle if i have mental issues?

Posted by Hashem Help Me - 03 Jan 2024 12:15

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Do you have a connection with a rav where you live? Or some other well connected person in the community?

Whatever the case, stay away from a crowd that pulls you down. May be try to reach out to some guys here. It's not a replacement for real face to face friends, but you would be surprised how in a lonely moment chaverim from here can be a real boost.

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Re: How do I break the cycle if i have mental issues?

Posted by 1-12steps - 03 Jan 2024 14:09

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Therapy - someone experienced in teaching you how to make that bond with others. Theb go do some 1-on-1 chessed thing where you'll be working regularly with the same guy/kid

Therapist - during the course of the session you have the connection and chemistry with the therapist himself.

Skip the shiur and opt for a ??????. Even if just to shmooze, make sure to do your learning some other time withe someone else

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