

but how do I relax

Posted by notezy - 03 Jan 2024 14:22

I have found that when I succeed for a few days and the urges come again I have mentally built some walls against failing again and I am able to stop myself right before I give in by saying I know this won't give me what I am looking for and will give me a lot of pain my main response is well how do I relax on my own I want to take a break and relax middle of the day nothing seems to be fulfilling and masturbation isn't the solution so what do I tell myself in those moments I have thought to say sleep but is there anything that I can do that I don't have to wait for the relaxation to set in or to fall asleep I thought meditation right now but it kind of has the same problem I just want to be comfortable for a few moments without doing the wrong thing and then be able to go to work.

I feel like if I could find something I would be able to hang on for longer...

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Re: but how do I relax

Posted by ainshumyeiush - 03 Jan 2024 14:35

I found that listening to music with headphones while spacing out is calming

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Re: but how do I relax

Posted by yitzchokm - 03 Jan 2024 19:27

The only quick fixes for anxiety that I know of are medication and sometimes STOP, but I found journaling, Urge Surfing, meditation and exercise to have long term effects. If you do them at night they may reduce your anxiety level significantly throughout the day. There are breathing exercises that can be done even while you work.

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Re: but how do I relax

Posted by notezy - 03 Jan 2024 22:00

Thanks for the advice, although I wasn't talking about anxiety.

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Re: but how do I relax

Posted by yitzchokm - 03 Jan 2024 22:17

[notezy wrote on 03 Jan 2024 22:00:](#)

Thanks for the advice, although I wasn't talking about anxiety.

So why do you need relaxation?

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Re: but how do I relax

Posted by bright - 04 Jan 2024 00:24

Some of us just need a way to chill a bit...

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Re: but how do I relax

Posted by foolie - 04 Jan 2024 00:40

Shhh! Don't say things like that people might get the wrong idea

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Re: but how do I relax

Posted by ainshumyeiush - 04 Jan 2024 03:44

[foolie wrote on 04 Jan 2024 00:40:](#)

Shhh! Don't say things like that people might get the wrong idea

everybody knows only depressed people need a chill spot.... Not us normal people.....

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Re: but how do I relax

Posted by chaimoigen - 04 Jan 2024 04:46

[notezy wrote on 03 Jan 2024 14:22:](#)

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I feel like if i could find something i would be able to hang on for longer...

Hi!

When you say that you know that this "won't give you what **you are looking for**", and you feel that "if I could **find something** I would be able to hang on for longer" - it seems that you are looking for something other than basic "relaxation". You say it's not a release from anxiety that you crave. What is it, do you think?

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