

Month of Elul - my biggest trigger!

Posted by dreamyunicorn28 - 30 Sep 2024 19:56

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I'm so triggered and vulnerable right now! I came such a long way B"H but I'm so down these days and my urges are to the sky. I think a lot of it has to do because it's Elul- the pressure to do Teshuva triggers me... Luckily I don't have the means to act out in many ways but I'm very vulnerable.

SOS!

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Re: Month of Elul - my biggest trigger!

Posted by richtig - 30 Sep 2024 20:30

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Yes!

I used to dread Elul. I think what helped me is learning how to use Elul productively, rather than feeling pressure. I also relate to not acting out simply for a lack of means, that was probably me today.

if you're interested, I'd be happy to chat about another way of approaching elul.

anyway, chazak v'eematz! Youre doing great!

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Re: Month of Elul - my biggest trigger!

Posted by dreamyunicorn28 - 30 Sep 2024 20:40

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Thanks for the Chizzuk! I'm still a new boarder (less than 30 days on GYE) so I I'm still restricted of chat

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Re: Month of Elul - my biggest trigger!

Posted by addict26 - 30 Sep 2024 21:08

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Hey I feel the same way!

I wrote about it [here](#) today. Curious to hear your thoughts.

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