

Survived a Run-in but Feel Like a wreck  
Posted by Holy Yid - 10 Aug 2010 02:05

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I had a dealling today with a woman who was a big problem (not Jewish and the rest of the drill, don't need to bore yo'all). I did not dwell on it and moved on. I did not feel any urges b'h.

But I do feel very drained spirtually. like somewhat of a wreck. feel kind of in shock.

Any suggestions how to prevent this next time or how to 'heal'??

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Re: Survived a Run-in but Feel Like a wreck  
Posted by ToAdd - 10 Aug 2010 10:33

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Firstly, tell yourself well done!

I think I know that feeling you're talking about,  
  
but then again, my chalk may be your cheeze.

I found my strength was renewed after eating (I'm actually a bit underweight, so this may be a better proposition for me than other people).

Perhaps any action that one can say a brocha over may help?

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Re: Survived a Run-in but Feel Like a wreck  
Posted by bardichev - 11 Aug 2010 04:22

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I would be upset..

If I'd DiDN'T bother u

Move on

KOT

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