

Falling when excited.

Posted by WeWillWalk - 11 Aug 2010 09:22

I had before problems with my falls,because I used to fall when feeling depressed or sad or irritated. I tried to work on it and Baruch Hashem,I've managed to stay clean while feeling down.

Meanwhile,another strange thing has come up: I fall when I feel excited or really happy about something. I can't understand why. All my recent falls have come when I've felt really inspired and happy to feel good. I felt so good and then see something tempting,next thing I know,I'm falling really hard. Has anyone experienced the same things?

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Re: Falling when excited.

Posted by yedidya aleph - 11 Aug 2010 16:03

An addict does not need a reason to act out. Feelings of excitement are like a "high" and i have found that as a slippery slope for me. Hatzlahco and Good

Chodesh.

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Re: Falling when excited.

Posted by briut - 12 Aug 2010 00:02

For me, the joyous, high side is just as dangerous as the depressed, hopeless side. At either extreme, I feel as if I "deserve" a little break from the battle.

Please PM me for more specific thoughts on how "moods" and mood swings can influence this GYE work, but I'm convinced it plays a big part. I'll repeat: on the up side and the low side.

But how it gets to the point where I feel I "DESERVE" anything in life, and certainly anything that H' considers distant from him (i.e., aveirah), well that's a deeper question.

So anyhow, I don't think it's so strange at all that elation can lead to acting out. PM me if you want further details or thoughts....

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Re: Falling when excited.

Posted by WeWillWalk - 12 Aug 2010 09:58

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thank you briut,i'll pm you with some thoughts of mine