

Stress Management

Posted by geshertzarmeod - 27 Feb 2011 09:37

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Im still learning my way around here so I don't know if this is the best way to pick the experts' brains, but tzaddik90 thought it was a good idea. So any complaints go to him! jk

In a different thread I dealt with and received tremendous feedback about hashkafa, which led me to realize that it wasn't so much wrong hashkafa that got me messed but bad coping habits. Now maybe I need a psychologist, but I figured I would let you guys have a try first. It is cheaper

I feel that even though GYE and the forum have been a tremendous help and I have so much more to gain from it, but its almost like Im counting the days until I have another fall. Im sorry for sounding sacrilegious. I know its important to celebrate the victories, but I feel that its also important to find the source of the problem and deal with it. Am I wrong?

For me, M is a knee jerk reaction to stress. Why?

More specifically, what can I do differently to reduce the stress? Im finding myself staying away from M, but not dealing with the stress. Instead I just fall into a depression.

I feel paralyzed, like I can't do anything which just makes things worse because there are things that can be done but I feel helpless. So I do nothing, which just causes more stress because I am even farther behind. It's a vicious cycle. Sometimes the stressor is not that big of a deal but I blow it out of proportion. Maybe I just need someone to hold my hand and walk me through it. I don't know.

So what are the positive proper ways to deal with stress? I know it sounds like a dumb question, but I obviously need to be taught how to deal with it properly. The hashkafa aspect is already registered. I know all the right answers but Lmaaseh, I need concrete ways to deal with it.

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Re: Stress Management

Posted by oblum - 28 Feb 2011 15:57

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@geshertzarmeod:

sorry, didnt relize that the guys here greater the the Chovos Halvavos or that there are Chochmos smarter than the Torah. Just a second while I burn my Yarmika - my therapist told me its ok if I feel angry and that its not my fault if I act on that...

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Re: Stress Management

Posted by oblum - 28 Feb 2011 16:23

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[David/Rage wrote on 28 Feb 2011 16:12:](#)

we are all very ehrlich and very pious and we piously masturbated to pious porn all along...so theres got to be a different missing ingredient in our lives...

First of all, I was addressing the stress, not the spam. If you've read the CH and you still get nervous when the phone rings, you need to learn it again. Dont get me wrong - Its not like I'm holding there or anything (wish I was though). But I find it hard to belive that anyone would suggest that there is anything better then that.

Second, so are you suggesting that because (you/I/we) didnt follow the Torah properly and therefor) the Torah didnt help us we should turn against it? Do you really think that by following the teachings of the biggest and best Opikoursus of all time that you become healed an ultimately closer to Hashem?

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Re: Stress Management

Posted by Me3 - 28 Feb 2011 16:30

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Reb o

You can start looking back at the old threads on this forum and you will find dozens of threads where people question how "If I followed exactly what was said in this mussar sefer and that, how come it didn't work? Why do I keep on falling?"

And you will also find many threads reconciling the 12 step approach with the Torah approach.

In short, we do not believe ourselves smarter then the Chovas Halevavos, we do feel that the Chovas Halevavos was written for normal people not for people who are insane, people who have destroyed their moral compass completely.

The gemora brings down the story of Rav Eliezer Bar Durdaya who died trying to beat a sex addiction are you suggesting that if he had a Chovas halevavos handy he could have beaten his addiction?

We are trying to find an alternative to dying. Together.

Or I can skip all these theological arguments and give you Dov's short answer which is call me an apikorus call me whatever the heck you want, I'll do what works because the alternative is dying.

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Re: Stress Management

Posted by oblum - 28 Feb 2011 16:42

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[David/Rage wrote on 28 Feb 2011 16:39:](#)

[o wrote on 28 Feb 2011 16:23:](#)

Do you really think that by following the teachings of the biggest and best Opikoursus of all time that you become healed an ultimately closer to Hashem?

ive found it a good rule of thumb that the less a person's width and breadth in torah knowledge the greater liklihood he will use the word apikores....

Mine is nil - surprised I didn't use it earlier. Heck, I probably tired it as a nick but found it taken

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Re: Stress Management

Posted by oblum - 28 Feb 2011 16:49

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[Me3 wrote on 28 Feb 2011 16:30:](#)

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The Reform Movement also dosent believe that the Torah applies to us today as it did once. Not that there agains it or anything, quite the contrary. They just think it needs to be tweaked/adapted to be useable today.

[Me3 wrote on 28 Feb 2011 16:30:](#)

The gemora brings down the story of Rav Eliezer Bar Durdaya who died trying to beat a sex addiction are you suggesting that if he had a Chovas halevavos handy he could have beaten his addiction?

Wow, I've never seen such a simple story be taken sooooo out of context! Rav Eliezer Bar Durdaya died tried to do Teshuva FROM spam, not necessarily tried to beat it. And do you really think he lost out? Even R' Yehuda was amazed (Yesh Koneh Olamo Besha'a Achas)!

[Me3 wrote on 28 Feb 2011 16:30:](#)

Or I can skip all these theological arguments and give you Dov's short answer which is call me an apikorus call me whatever the heck you want, I'll do what works because the alternative is dying.

Sounds like someone spending quite some time with their psychologist/therapist...

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Re: Stress Management

Posted by oblum - 28 Feb 2011 16:59

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Some true introspection never hurts. Glad I was able to help :D

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Re: Stress Management

Posted by Me3 - 28 Feb 2011 17:08

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[o wrote on 28 Feb 2011 16:49:](#)

[Me3 wrote on 28 Feb 2011 16:30:](#)

In short, we do not believe ourselves smarter than the Chovas Halevavos, we do feel that the Chovas Halevavos was written for normal people not for people who are insane, people who have destroyed their moral compass completely.

The Reform Movement also doesn't believe that the Torah applies to us today as it did once. Not that there agains it or anything, quite the contrary. They just think it needs to be tweaked/adapted to be useable today.

I'll apply Rage's rule of thumb here.

[Me3 wrote on 28 Feb 2011 16:30:](#)

The gemora brings down the story of Rav Eliezer Bar Durdaya who died trying to beat a sex addiction are you suggesting that if he had a Chovas halevavos handy he could have beaten his addiction?

Wow, I've never seen such a simple story be taken sooooo out of context! Rav Eliezer Bar Durdaya died tried to do Teshuva FROM spam, not necessarily tried to beat it. And do you really think he lost out? Even R' Yehuda was amazed (Yesh Koneh Olamo Besh'a Achas)!

Speaking about taking out of context! I understand he died trying to do Teshuva. Do you understand the gemora that ideally one should do teshuva and die? please elaborate.

[Me3 wrote on 28 Feb 2011 16:30:](#)

Or I can skip all these theological arguments and give you Dov's short answer which is call me an apikorus call me whatever the heck you want, I'll do what works because the alternative is dying.

Sounds like someone spending quite some time with their psychologist/therapist...

I don't know what the signs are of somebody spending too much time with their psychologist/therapist, obviously you do. Care to share with me what about my comments warrented that reply?

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Re: Stress Management

Posted by geshertzarmeod - 28 Feb 2011 17:38

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Whoa Nellie! This thing got out of hand!

Gentlemen, Newbie is holding where I was when I started the thread "clarity please." A little understanding please.

Can we get back to the topic?

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please.

Re: Stress Management  
Posted by oblum - 28 Feb 2011 18:50

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[Me3 wrote on 28 Feb 2011 17:08:](#)

I don't know what the signs are of somebody spending too much time with their psychologist/therapist, obviously you do. Care to share with me what about my comments warrented that reply?

Which part offended you?

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Re: Stress Management  
Posted by Me3 - 28 Feb 2011 19:03

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Offended? Merely curious.

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Re: Stress Management  
Posted by pinokio - 28 Feb 2011 21:23

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Gentle man Gentleman, although im just a ~~ru~~ussian immigrant of 13 yrs old may i interrupt this fierce battle-

Ahron hakohen time!

I want me3 and reb O to duke this out for 20 more pages. just a little more love please. Reb O is a newbie after all, no one knows yet his greatness or story or addictions. Let's give the man a warm rewelcome, esp. after he got slaughtered on the sunday thread.

Im all for this vikuach, and it should continue. History is in the making here-however, i want reb O to demonstrate to me3 how the torah mussar approach can stand up to real life diseases like Lust addiction, bec. like me3 and david rage, ...and heck...everyone else i ever met with an attraction to wallruses and fetishes for tuna baloona, they seem to experience what rage and me3 describe.

And, may i toss in a little ga'avah, i am a chashuv young talmid chacham learned in a little kabbalah chassidus and over 50 mussar classics, and im addicted up the wazoo from alchohol to overeating to lust to things that will trigger you to california to drugs (i just love doubling up on those zanax pills!)

I am the MUSSAR man if u will-classic gye theology, musar helps humans, not animals like us.

O, please respond-rage and me3, give him some space and we'll either turn him or go with him.

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Re: Stress Management

Posted by Dov - 28 Feb 2011 23:28

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Dear "o",

I guess that you believe the 12 steps are christian.

I guess you consider the preoccupation with lust and it's behaviors nothing but the YH for *everyone*.

I guess - a feeling - that you know a bunch of pain.

And I guess that you have found some success in whatever you struggle with from learning Chovos haLevavos.

But first you post that

If you've read the CH and you still get nervous when the phone rings, you need to learn it again. - which I happen to understand and theoretically agree with. But then you post

Dont get me wrong - Its not like I'm holding there or anything (wish I was though).

Well, to me, this explains the crux of the issue. Your leaning of Chovos haLevavos did not succeed in giving you sufficient emunah and bitachon to fit your definition of how a yid is supposed to be. This is not a chess match and I am not trying to 'catch you'. It is just clear that you relate to the fact that learning a sefer is not always the answer to real life problems.

It is putting the sefer into action - v'chai bohem - that matters. And learning the sefer does not do that, only *people* can do that.

This brings me to what I consider the only relevant question to ask you (besides why are you not using your *real* first name as I and some others here do?) since you are sincerely *dahning* between methods of us getting free of a lust and masturbation habit:

Do *you* still masturbate, or not? When was the last time you used porn or masturbated? What were the ways you used these things and how frequently? Has it affected your relationships with other people? Do you (or if you are 'healed'), did you consider yourself a liar and living a double-life because of your habit?

If you are married, did it affect your marriage and how?

Please share at least the answer to the first and main question here - don't be afraid, nobody

bites here.

Let people know how you *yourself* relate *in your challenges* - not in your (apparently only partial) successes. You give so few facts about your own failures and difficulties. How do you expect to help others with your eitzos?

I have found that what really helps people is when I share more of *myself* with them, rather than try to tell them more of what I think about *themselves*.

Go for it, chaver.

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Re: Stress Management

Posted by pinokio - 01 Mar 2011 07:46

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ABOUT TORAH AND PSYCHOLOGY, SCROLL DOWN TO WHERE YOU SEE A LINE

DEAR READERS-THIS POST IS VERY LONG/HOWEVER IT'S WORTH READING/IT CONTAINS SECRET AND SENSITIVE INFO. THAT IS VALUABLE COMMODITY/YOU'LL PROBABLY GAIN FROM IT IMP. INFO., WHICH IS THEREFOR WHY I AM asking u to read IT- STARTING FROM 4a the rest is just for rebO

Dear Reb O,

There is something u said that is driving me mad and i'd like to post this is reply to get it outa my head.

1) You first mentioned your view about therapy. Then i replied about my own view on therapy. I mentioned it is the view of many gedolim here in Ey. You rightfully responded how anyone can manufacture gedolim, who vary from women at the wall to net' karta, our friends in iran.

2)Before i reply, let me make a point-when u posted ur reply, how were u so sure that i am not just like you in judaism and that afeelu hachi i know something that u dont, by finding things like gye and 12 steps? I mean, how, reb o, can u be so sure. Also, how can u be so sure in your views when it says aizehu chacham halomed MIKUL ADAM, and im yaish chachmah bagoim ta'amin? wouldnt it be a little naive to jump the gun, assume you know better than the majority

here, and then keep on being so assertive?

I am never so sure in life-just because s/one claims that a petek fell from the sky telling us all to say nach nach nachman doesn't mean that i have to follow that view-yet at the same time i am not stupid enough to say that he's wrong. How can i prove he's wrong? And maybe i can learn from other traits of his without needing to chant the petek. Why have the assertive, super confident all knowing air to yourself?

3) I write this as a friend, to give u a chance to take a step back and say "that's a good point tzaddik90, i don't have to agree with any of you vile and despicable addicts, but you guys gave me what to mull over on my way to the bais medrash".

Often, we put ourselves in a corner and then can't get out when we need to. This is why Rashi al hat' in biraishis says Hshem asked ADAM where he is, so as not to excite and catch him in his embarrassing position and almost force Adam to lie.

On the bus yesterday (in ramat shlomo fyi) a guy yelled at the driver for not stopping at the tachana and opening the door. The driver yells back "what- they didn't teach u in school to ring the bell when you wanna get off?" The passenger was embarrassed by the driver's counter insult and said "well, the ringer didn't work". Driver-"im sure it didn't work, the one time YOU ring, it doesn't work-interesting". The main alighted the bus, red and embarrassed by the whole thing.

I don't want you to be in this position so make sure you leave yourself some room to back out if you decide you want to think about what we're saying.

4)Now, as far as Torah and psychology and the view in Ey of the gedolim. This really struck a cord in me, you'll see why it affected me so much in a second.

A]I do not run with the women at the wall

I HAVE run with the gedolim you have pictures of in your dining room.

I've had letter correspondences with R chaim Kanievsky, i was once honored by a talmid chacham you know to raise money for something secretive for one of the gedolei hador mamesh in the "olam hayeshivos", a talmid of the brisker rav. Ive been a messenger boy for the ga'avad of Yerushalayim, R' tzvi meir silverberg, A rav so big in chinuch you probably have all his books on your shelf, R asher weiss. Ive eaten by R kanievsky's house, stayed by the vihnitzer bnei brak's shamash and honored at the tish (& im not even wealthy), been messenger boy between a rebbi in the mir that you probably had and a famous talmid chacham, i was told sensitive things by R yakov hillel and i know some regarding r yakov hillel. Ive had shmoozes with R shmuel birnbaum obm just like you, and ive written one short sefer on the shulchan aruch orach chaim and one on minchas chinuch, neither of which are very good or longer in print. have semicha just like you from R Z N goldberg in Ey. and i learned in r shmuel aurbach's kabbalah yeshiva for almost 8 months, till i decided im not ra'uy.

AND WITHOUT GYE ID BE ON THE STREETS, PROB. COLLECTING MONEY IN A (BLACK) HAT

THEYVE DONE MORE FOR ME THAN MEKUBALIM WHOVE READ MY TZELEM, THAT U ADORE AND TALK ABOUT CLOSE TO LAG BI'OMER

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B]-Point-i was selected by the gedolim i mentioned and one that i didnt to be a frum therapist. Im a regular kollel dude with an orange beard like you,and i never planned getting a job or being a therapist. The gedolim that i work for do love psychology, the problem is either that the therapists are not real bnei torah, or they dont use the torah for therapy as well ,like u push, or they use some methods within therapy that are not torahdik bec. its more effective, etc.

C]-The gedolim i know here are privately looking for kolell guys who are finishing shas shulchan aruch and sucking them out of kolel and into this field-they said to me this is because

now they are trying to spearhead the therapy world with real talmidei chachamim, and by infiltrating it, they will

D)-influence the ppl who say therapy is not torah dik to come to appreciate therapy.

E]-make therapy more torah based, employing the refuah of psychology while using the torah and mussar sfarim to replace old man frued's zany psychological theories. The way one gadol told me-psychology has two parts-refuah, and theories. We want you to use the refuah and chuck the theories".

F)-It is ppl who dont agree with me that destroy ppl-the mashgichim who dont chap and are against therapy tell bochurim with ocd to play more basketball, as if it'll help. If id make a post of stroies how some ill-informed rabbanim got people to commit suicide etc, you'd never want to be frum again, but then if id tell you stories of the rabbanim and gedolim i work for who are informed, youd want to put your'e kippah right back on.

G)-Trust me, what gedolim tell most people in public is not nec. what they hold in private, or for the individual. I know of a psak of R elyashiv and of R sheinberg that wld make your mind melt. Especially in the realm of mental health, they say things to practitioners privately that you'd never understand until lyh you become a gadol yourself. Ive been involved for a long time, as a patient, and a counselor, trust me on this one.

H)-Now, for my final thrust (the first two paragraphs were parrys):

If you dont yet chap how gye or therapy can offer something that the torah doesnt, like RAGE and ME3 claim, let me explain.

As iv'e seen in the gye literature, the things an SA group or twelve steps preach are the very axioms of being a human being. Their chachmah is about becoming a human and not a biheima. A person that loses his self control or bechira in your mussar shpach is a biheima. SA is not teaching the deeper insights the Torah has, the GODly wisdom.. They teach us how to stop acting like animals who try to procreate from images of attractive wallruses on a pc screen. THAT IS MAMESH A BIHEIMA.

And when u learn enuff torah, you find it all inside. It was never compiled however into a mesechta bec. most ppl in most doros were not animals like i am. Trust me, i just finished tanna dbei eliyahu and im halfway through pirkei drebbi elazar-when i see something from a handbook or on the forum, i write in my gilyon GYE and more on. One day maybe ill compile them.

Its all there, hafuch bah... .

Also, most ppl dont chap that when it says "hafuch bah..." it also means that while everything is in the TORAH, it may be milubash in SOD or remez, and the torah is not only limited to bava metziah like some ppl think. Therefore, in my drunken escapades through kabbalah sfarim, ive seen a ton of therapy chachmah. THere is even a psychology book in kabbala called sefer habris by a protege of R chaim volozhin. You cld buy it at eichlers, or mannys, whatever. Biegeleisen for sure has it. On 16th ave. i think. kabbalah is all about how middis effect the mind, different states of conciousness, and refuah. I know three mekubalim, who are psychologists as well. If u knew who one of them was your'e jaw would drop.

Thank you. My bus is now almost at yeshiva, so im gonna wish you all a godd yor.

DOV IF YOU WANT TO CRITISIZE S/THING HERE PLEASE POST GENTLY CUZ IM A SENSITIVE SOUL

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Re: Stress Management

Posted by Me3 - 01 Mar 2011 15:05

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Jump ugly? I was really starting to enjoy myself, I thought he was holding his own quite well (even if he was dead wrong).

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