

what are you running from?

Posted by qwerty123456 - 08 Dec 2020 05:36

After spending yet another 3 hours feverishly clicking link after link, or, if I'm feeling particularly holy, after spending countless hours watching one BS show/movie after another, or, if feeling even holier yet, spending innumerable hours reading some useless garbage or another, I've never stopped to really think, why?

What am I hiding from? What is so terrifying, so mind numbingly fearsome, that if I were able to read while taking a leak, I'd do that too??

What would happen if (g-d forbid) after coming home, I'd do nothing, and I'd be (*gasp*)? a little bored maybe? But without this crushing compulsion to waste my time?

Would it be the end of the world if when my wife wants to talk to me about my/her day, I'd be able to be 100% present to show her I love her and care about her? And not be constantly on edge because this is not an efficient way of being totally brain dead?

?I've never given much thought to you, even more so to understanding you, and definitely not to communicating with you, so pardon me if I'm wrong, but, is that loneliness? A empty, black, devastatingly bleak, barren sense of fathomless loneliness?? Why??? What are you missing?

Why do I feel like you are defiantly and (laughably) proudly wiping your snot and tears, and, even though you are so so young, giving me an unsettling feeling of danger if I don't bug the hell off?

Am I committably schizo? Did I make this all up in a sad attempt to sound current?

I don't know. I'm lost and confused.

I'm curious, is anyone here running? If yes and your comfortable, can you share what you're

running from? (Not to be confused with running to...)

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Re: what are you running from?

Posted by YeshivaGuy - 08 Dec 2020 05:48

Thank you for bringing up such an important discussion.

Personally, I have a deep drive for connection, emotion and excitement etc.

The internet is a "go to" when I've felt empty and lonely, looking for a connection/relationship...

Thats my understanding of ?????? ???? ??????- the natural human desire for Relationship/feeling etc can be satisfied in a healthy or an unhealthy manner...

So what am I running from?

Loneliness and emptiness.

What am I running to?

Fullfillment, joy, connection, LIFE.

The struggle is to realize what will truly lead to attaining that...

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Re: what are you running from?

Posted by Zedj - 08 Dec 2020 06:17

This is interesting because I have thought about this.

Maybe not exactly but but on the same lines.

Is it it running away? I would say yes, it is running away from reality... sometimes it's overbearing so we look for ways to get our mind off it.

It's a comfort zone.

But it's more than that m, we depend on instant gratification as yeshiva guy said: running away from loneliness and running to fulfillment and connection.

Thank you for bringing this up.

I'm wondering what others can add to the topic.

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Re: what are you running from?

Posted by qwerty123456 - 09 Dec 2020 05:32

interesting. i've never classified my time wasting as "fulfillment and connection"

i was curious about the running away without any thought as to where. yes, itll sometimes be porn and porn does have some sort of thrill. movies do not carry that thrill. books even less so.

so, running away for the simple purpose of JUST running away?

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Re: what are you running from?

Posted by qwerty123456 - 09 Dec 2020 05:34

I've never given much thought to you, even more so to understanding you, and definitely not to communicating with you, so pardon me if I'm wrong, but, is that loneliness? A empty, black, devastatingly bleak, barren sense of fathomless loneliness?? Why??? What are you missing?

I know I have not been nice to you. I've ignored you all my life (as i write more of this i realize this is not strictly true). I've shut you up and squashed you down. With never any patience for your constant whining, theatrics, and drama. I've pushed you away and made you feel unwelcome enough, to the point that you've mostly stopped even trying. But, you've shown me what you thought trust and dependance were, and it crushed, corroded, and would have destroyed us had I not closed you off from managing those. you've shown me what you thought love, acceptance, and being special to someone look like and I don't have to remind you where that left us. that shockingly stinging hurt and betrayal, the dismal, colorless, flatness of life. the hurt. the epically mammoth unending hurt with no safe way to express any of it. Is it any wonder I began ignoring you? Is it any wonder I began trying to experience life in a different way from what you had tried to teach me? a life where i don't have to experience any more heartaching/breaking hurt, betrayal, and despondency? a life where I don't have to prove myself to people who dont give a * anyway. where i don't have to chase after and constantly make non existent self construed amends to people who honestly don't even care if i exist or not? a life where my day is stable from morning till night (ish/mostly). without wildly fluctuating emotions from "ECSTATIC!" because i think i'm noticed and loved to "BEYOND DEVASTATED" because i think im not noticed or loved, 10-15 times a day? you know i'm right. you know the fact we made it through is not based on any derach hatevah. So if we are in agreement as to this, i should have nowhere to run, as on paper this is what working towards a perfect life is. a life where NO ONE can ever affect us in a deep way EVER AGAIN. You should have nowhere to run, as you should rest assured I will do an exemplary job. look how far i've come in 1.5 decades! So, if neither of us are doing the compulsive running and brain fogging, what's going on? Is there a third guy here I haven't yet been introduced to? Is there no "compulsive blah blah" but rather a pathetic little man too lazy to control himself so he makes up fantastical little fairy tales to ease his sense of overwhelming guilt? I'm no doctor, but if option one is correct (and i have to be honest, after reading this phenomenally well written, sad account, it seems plausible enough, if the account to begin with is true) than i'd be forced to confront a reality where you will not cease to grind away at me until i reacquaint myself with you. and I labor under no notions that that journey will be one filled with lilacs and roses. you expect me to subject myself to that, all the while knowing that your end goal will be to vulnerabalize me again? Why do you want this for us? Please don't feed me the drivel of "...how much richer.....fulfilling...deeper meaning...yadayadayada" Because we both know, in the long run, it's NOT WORTH IT. Have you forgotten so fast? I'm begging you to trust me on this. PLEASE just leave well alone!!! If option two is correct, then **WHAT THE LANGUAGE NOT SUITABLE FOR THIS FORUM MAN!!!???** get a grip!! you can do so much, how is it that this eludes you in such a monumental and extravagant fashion ???!!!! I'm really starting to hope that there's a option where i'm nota-schizophrenicb-so desperate for people to recognize me that i make up bizzare garbage and hope it'll earn me some likes on an anonymous forum (which i guess may open me up to a

whole new can of worms dissecting where that comes from. although i must say c.1- "so desperate for people to recognize me that i say part of my story and hope it'll earn me some likes on an anonymous forum" also sounds sad as hell and i'd like a second opinion for that too...)c.2-compelled to go through some of what i've outlined aboveand d- where i guess i'm just a regular guy, only i've been telling myself for so long that for ME the struggle was WAY harder than for you regular (derisive emoji) people. I (all caps) have a MUCH harder fight than YOU. heh, if i had your fight, he'd be running from me in such abject terror that he wouldn't even have the time to yell "loser!" at me. confronting that there's nothing special about me, or conversely, there's something supernaturally special about EVERYONE'S fight, is a humbling thought (and after writing this down, i think it's just context for options a,b,c1, and c2)p.s. if anyone reads this and sees that my I's me's and you's are not consistent and dont make much sense, im sorry. i'm confused too

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Re: what are you running from?
Posted by qwerty123456 - 09 Dec 2020 05:37

too friggen long

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Re: what are you running from?
Posted by Zedj - 09 Dec 2020 06:01

I am flabbergasted!

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Re: what are you running from?
Posted by Zedj - 09 Dec 2020 06:21

i was curious about the running away without any thought as to where. yes, itll sometimes be porn and porn does have some sort of thrill. movies do not carry that thrill. books even less so.

so, running away for the simple purpose of JUST running away?

I'm not sure if I'm understanding you right....

I'm not really sure you can run away without a motive.

Do you really think you are running away "to just run away"

(I used to watch tons of movies and tv shows, bh that desire has winded down alot in last year I haven't watched a tv show or movie for a while. Maybe I stopped because I wasn't getting any "thrill" from them..!?)

I know very well the thrill of porn. As you mentioned it is thrilling but why do you thing it thrills? Obviously it is giving you something you want, perhaps a good (for a fleeting moment) feeling? Maybe someone is looking for the thrill he can't have in real life?

I feel like I'm missing the target. Lkm

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