

This Is scary

Posted by Baruchhashem989 - 08 Jul 2022 13:25

This is a big step. Admitting I need the help of this community.

=====

=====

Re: This Is scary

Posted by bisyata dishmaya - 11 Jul 2022 01:13

I can relate. The trick is to find something else you enjoy and telling yourself no matter how bad it is now watching porn will only make me feel worse after.

=====

=====

Re: This Is scary

Posted by Lchaim Tovim - 11 Jul 2022 14:31

[Baruchhashem989 wrote on 10 Jul 2022 22:01:](#)

Wow you guys are amazing!

Anyone have experience with porn etc. being an escape for anxiety?

I would imagine probably most of us and not just from Anxiety. Also as an escape from anger, loneliness, disappointment and frustration etc..

Welcome aboard, your fighting the good fight.

=====

=====

Re: This Is scary

Posted by Baruchhashem989 - 15 Jul 2022 22:55

Unfortunately I can't find anything to calm me down other then internet etc..

So its a vicious cycle you get anxious so you go on the internet. You go on the internet you get depressed. You get depressed you get more anxious.

Anyone can help?

Also if you have found an escape through chatting can you please post.

=====

Re: This Is scary

Posted by 5Uu80*cdwB#^ - 17 Jul 2022 02:29

Unfortunately I can't find anything to calm me down other then internet etc..

So its a vicious cycle you get anxious so you go on the internet. You go on the internet you get depressed. You get depressed you get more anxious.

Anyone can help?

Also if you have found an escape through chatting can you please post. Have you tried vigorous cardiac exercise to blow off steam and calm down?

Have you tried learning gemara to calm yourself down?

Meditation or prayer?

Have you spoken with a physician about your anxiety/depression?

Just a couple thoughts...

We're here for you.

=====

Re: This Is scary

Posted by 5Uu80*cdwB#^ - 17 Jul 2022 02:30

[Baruchhashem989 wrote on 15 Jul 2022 22:55:](#)

Unfortunately I can't find anything to calm me down other than internet etc..

So its a vicious cycle you get anxious so you go on the internet. You go on the internet you get depressed. You get depressed you get more anxious.

Anyone can help?

Also if you have found an escape through chatting can you please post.

Have you tried vigorous cardiac exercise to blow off steam and calm down?

Have you tried learning gemara to calm yourself down?

Meditation or prayer?

Have you spoken with a physician about your anxiety/depression?

Just a couple thoughts...

We're here for you.

=====

Re: This Is scary

Posted by sleepy - 17 Jul 2022 03:59

[Baruchhashem989 wrote on 15 Jul 2022 22:55:](#)

Unfortunately I can't find anything to calm me down other then internet etc..

So its a vicious cycle you get anxious so you go on the internet. You go on the internet you get depressed. You get depressed you get more anxious.

Anyone can help?

Also if you have found an escape through chatting can you please post.

have you tried the just for fun -the depressed chill section im sure there are some jokes you havent heard yet ,hatzlacha!

=====

Re: This Is scary

Posted by Yiddo123 - 17 Jul 2022 13:43

hey

=====

Re: This Is scary

Posted by Yiddo123 - 17 Jul 2022 13:44

whats up

=====

Re: This Is scary

Posted by taherlibeinu - 05 Aug 2022 12:29

Hi BaruchHashem,

Firstly I would change the title.. By joining you have gone a big step in the right direction... a big Yashar Koach for joining GYE and welcome aboard. Hashem should give you much Hatzlacha and Siyata Dishmaya in overcoming this battle.

From reading this thread I can see you haven't listed very much about yourself or your challenges so its kind of hard to respond back appropriately. Would you be able to elaborate on your background/experience etc..

Regarding Anxiety and negative behavioral patterns there is much to be said on this - I can only comment on my own experiences as anxiety was a massive trigger for me.

BH you WILL reach a point where anxiety doesn't bother you as much, if at all. As someone who suffered from 12 with very high levels of anxiety and panic I can really attest to this. But again without knowing more of your background it is very hard to provide any meaningful dialog.

Wishing you much hatzlacha and looking forward to hearing back more

=====
=====