

SA - Sports Addicted

Posted by jewish jew - 14 Jul 2013 12:53

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Maybe this issue has nothing to do directly with most of the subjects on this website but I feel it has direct impact on my calmness.

I am a huge sport follower and fan (I follow half the sports that are played on the planet and know what is happening in every single one) But my problem is that I take it personally and daven to Hashem for certain results, I can be awake until very late watching or lying in bed and thinking about tactics, results etc. When my team does lose it really kills me and sets me down. Is there anything I can do regulate my emotions and just like the game/s for entertainment and not take it personal? Or do you think I should just gradually cut down on following sports and slowly let go of all my sports until it doesn't interest me and affect me?

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Re: SA - Sports Addicted

Posted by Pidaini - 14 Jul 2013 15:41

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I also used to be attached to sports (was an avid Packers fan) BH, through Yeshivah since i didn't have time, or anywhere to watch the games I cooled down A LOT. it still bugs me when I hear they loose, but that's the extent of it.

I personally, though not through experience or anything, would assume that the only way out is getting out of it, I guess by narrowing down the specific game, then the specific team, and afterwards trying to cut off.

Just a side question, how do you deal with all the triggers that come with watching the games?

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Re: SA - Sports Addicted

Posted by jewish jew - 14 Jul 2013 18:59

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The trigger part is not the problem by me I follow only men sports and I won't watch certain ones

live because I know there will be triggers. But there are plenty of sports out there that do not trigger at all.

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Re: SA - Sports Addicted  
Posted by moish u.k. - 15 Jul 2013 17:02

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I can identify alot.

I would think, like all obsessions, the only thing that works is to stop completely.

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Re: SA - Sports Addicted  
Posted by cordnoy - 15 Jul 2013 17:07

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I am a huge sports fan

however, due to work or learning, I moderate

the rambam says go to the other extreme....this is true...

I don't know the rule, but if you have some semblance of control, doing things in moderation can also work (except of course p and m kinda stuff).

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Re: SA - Sports Addicted  
Posted by mr. emunah - 18 Jul 2013 01:03

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Re: SA - Sports Addicted  
Posted by mr. emunah - 18 Jul 2013 01:03

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um, do you think i'm overdoing it?

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Re: SA - Sports Addicted  
Posted by tryingtoshteig - 18 Jul 2013 01:08

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Maybe if you say it a few more times, they will win a Stanley Cup. I know you are doing your hishtadlus here, but it is really talui on Emunah, Mister.

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Re: SA - Sports Addicted  
Posted by cordnoy - 18 Jul 2013 06:53

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speakin of which.....go Blackhawks!!!!

Speakin of Lord Stanley..... WWWHHHHOOOOAAAAA!!!!

ill always remember, "Secord to Savard to Larmer to Secord; he shoots, he scores!!!!!"

"Esposito with the butterfly save!!!!"

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Re: SA - Sports Addicted  
Posted by mr. emunah - 18 Jul 2013 22:58

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Hey!

Towes?

Kane?

Crawford?

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Re: SA - Sports Addicted  
Posted by ZemirosShabbos - 18 Jul 2013 23:04

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Go Army!

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Re: SA - Sports Addicted  
Posted by cordnoy - 19 Jul 2013 01:29

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mr emunah:

of course those guys

I was just reminiscing my youth - the time when this whole mess started

sharp, bickel, whats the Russian's name from the red wings? cant believe name slips me now

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Re: SA - Sports Addicted  
Posted by mr. emunah - 19 Jul 2013 20:00

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Hossa-

I think he's Czech

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Re: SA - Sports Addicted  
Posted by cordnoy - 19 Jul 2013 20:12

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yes

thanks

# 91 I believe

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Re: SA - Sports Addicted  
Posted by mr. emunah - 19 Jul 2013 20:17

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Sergei Fedorov is #91

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