

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 cordnoy - 19 Jul 2013 20:25

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I try not to get involved in their personal stuff

hes kinda favorite of mine, for he defected from the Dead Wings!

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Re: SA - Sports Addicted

Posted by moish u.k. - 22 Jul 2013 17:57

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[mr. emunah wrote:](#)

um, do you think i'm overdoing it?

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Re: SA - Sports Addicted

Posted by mr. emunah - 22 Jul 2013 20:56

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after a packet of BBQ crisps

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Re: SA - Sports Addicted

Posted by ThisJewNeedsHelp - 31 Jul 2013 01:41

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I'd rather participate in sports rather than watch them. It's a big motivator for me to stay away from my computer for long periods of time.

Watching sports on TV is difficult for me because of all the potential triggers. So in that case, I always keep my running shoes handy next to the night stand with my siddur and Tehilim.

Thanks for sharing.

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Re: SA - Sports Addicted

Posted by Tosfos - 23 Aug 2013 00:48

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This is a great question... I am a pretty big sports fan myself, and unfortunately spend too much time reading articles about games, etc. B"H, I have almost no time now to watch games live, as I have wasted lots of time doing that in the past.

One thing I would suggest (halavai I should take my own advice here) is to soul search and try to figure out what following the sports does for me... thrills, distraction, escape (a big one for me unfortunately) and try to find something else better off for me that replaces the sports in

providing that. Then, I could (at least theoretically) reduce my taiva for sports of its own accord and "get my fix", whatever it is I'm looking for emotionally, from a more healthy place... rather than trying to just hold myself back (in general), as this probably wouldn't work for too long.

I hope this is helpful.

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Re: SA - Sports Addicted

Posted by israel613120 - 25 Aug 2013 04:33

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The answer to all your problems is a 5 day test match!

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Re: SA - Sports Addicted

Posted by cordnoy - 25 Aug 2013 07:07

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bears win

packers lose

addiction for football is on!!!!

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Re: SA - Sports Addicted

Posted by mr. emunah - 28 Aug 2013 20:20

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Ricky Ray got injured!

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Re: SA - Sports Addicted

Posted by cordnoy - 28 Aug 2013 20:37

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collaros played not bad

who?

sanchez?

Rodgers?

cutler?

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Re: SA - Sports Addicted

Posted by mr. emunah - 28 Aug 2013 21:18

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rickey ray, the star QB for the Reighning Grey Cup Champion Argonauts

ha ha the Jets will stink forever

also the browns

(i love their logo)

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Re: SA - Sports Addicted

Posted by cordnoy - 28 Aug 2013 21:33

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browns?

Rodgers on packers

logo? the c?

we are bears fans over here

you will soon see football (the real one) take over the posts

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Re: SA - Sports Addicted

Posted by ZemirosShabbos - 28 Aug 2013 21:37

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hash browns?

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Re: SA - Sports Addicted

Posted by mr. emunah - 28 Aug 2013 21:44

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Hash Brownies

the new team USA hockey jerseys are so nebbby

Russia is going to fix the whole olympics anyways

The Argos are older than most nfl teams

the cleveland browns dont really have a logo

The leafs are gonna steamroll

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Re: SA - Sports Addicted

Posted by cordnoy - 28 Aug 2013 21:47

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leafs? steamroll? over my blackhawks?

that hasn't happened since.....when?

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