

Relation of stress to falls

Posted by gye613a - 16 Dec 2014 21:18

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So I've noticed that when I get stressed I tend to want to escape to the dark side of the internet. Can anybody scientifically/psychologically explain this and some possible solutions?

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Re: Relation of stress to falls

Posted by Bigmoish - 16 Dec 2014 21:23

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Not sure about the explanation, but having a "solution" would basically deem this entire site unnecessary. I think I speak for everyone here when I say that we all struggle more when we're under more stress. I guess just try to chill out a little. In the absence of dms1234, I'll tell you to take a DEEP BREATH.

What have you been trying so far?

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Re: Relation of stress to falls

Posted by cordnoy - 16 Dec 2014 22:23

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actin' out or porn is the 'solution' to our 'problem' - whether it is stress related, spouse related, anxiety, etc. - anythin' where we can avoid real life and enter the world of La-La land, where fantasy, bliss and pleasure exists; one where there is no pain, torture or sufferin'....just joy. That is why we go there.

The solution is to figure out what our 'problem' really is....it is not the dark side of the internet 9in most cases); it is somethin' that we are runnin' away from...we are escapin' somethin'.

The question is : What is that?

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Re: Relation of stress to falls

Posted by Shakeitoff - 21 Dec 2014 04:58

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I think you've described my problem too. It's true that I notice pretty women, provocative advertisements, and so on...and that doesn't help matters. But my likeliest times to look at pornography seem to be those times when I'm bored, frustrated, worried, etc. Maybe "Lust" is a factor, but I don't think it's the main one.

If I had any complete solutions I wouldn't need Guardyoureyes, I guess. But I find some things help me. Maybe they will help you too.

(1) I stay away from the computer when I'm sleepest: late at night or early in the morning.

(2) I remind myself of my successes, not my failures. For example, one week I watched and masturbated to orgasm on 4 of 7 days. To start myself off this time, I reminded myself that I was clean on 3 of those days. Not consecutive days, but still, I was clean on 3 days. In the past, I quit smoking after several tries. I still consider myself addicted to tobacco, but I haven't actually smoked in over 20 years. If I can live with and not give in to one addiction, maybe I can live with and not give in to a second addiction.

(3) Instead of the computer, I try the following (because it's easy to do and doesn't require leaving the house on a cold dark night): Breathe OUT (first), then in, etc. 10 consecutive times. Then schedule an action to take about whatever's REALLY bugging me: Making a phone call to an accountant, asking about lessons in whatever diversion I need from my crummy job (falconry? lasso twirling?), and so on.

Best success to you and all the wonderful people who work for this site.

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Re: Relation of stress to falls

Posted by shomer bro - 21 Dec 2014 05:59

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Great ideas!

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Re: Relation of stress to falls

Posted by dms1234 - 21 Dec 2014 08:29

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For me stress was such a great contributor for my falls. I learned to chill and, like shakeitoff said just breath, and ask Hashem for help. I realized that it came from we wanting to control my world. I wanted to do what I wanted to do and always but obviously this isn't Hashem's will. Its my will. So i learned to realize that everything WILL be okay even if its not the result i want because I don't run the world, Hashem does. Its a scary revelation but its all going to work out just right!

So take a deep breath and relax!

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Re: Relation of stress to falls

Posted by shomer bro - 21 Dec 2014 22:24

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That and taking it one moment at a time