

Stress and frustrationsPosted by supremeone - 12 Aug 2022 14:56

Well It has been a while, quite the year. This is day one where we start again and also put out how what we are thinking.

I obviously still struggle with pornography and masturbation, I have identified I have been using it as a coping mechanism for stress, mental and physical.

Issue is I am always under both and it is very difficult to try and ways of actually dealing with the stress in a healthy way. For example I like to work out, but the associated stress of working is also a cause.

Then there is the stress of dating. I basically I have no idea if I will ever get married, I am apparently not living up to the expectations of the girls I would like to date and I do not want to marry someone I do not find attractive so I will not settle. To put this into perspective, I have been rejected just based on my resume alone I believe over 50 times. I am basically relying on some random girl deciding she is willing to invest in me. I cannot control it and that just leads to more stress.

Now allow me to anticipate what you will respond. Daven! Learn! Do chessed! It's all Gods will and he will make sure you find your Bashert!

Let us go through each of those.

1. chessed - oh I do have a fantastic anecdote for this. I asked a local organisation if I can offer myself to help tutor young children who's parents are overstretched. The rep. then comes to me and suggests the young daughter of ... "a single mother." Where would I be tutoring? In this person's house. I was actually shocked that this was a suggestion! Who in their right mind would suggest to a single man in his late twenties to put himself in that position! So in classic human response I quickly sensed the danger and moved on. Chessed would not be on my agenda
2. God's will - I do believe that God has a plan. And sometimes that plan is that I have challenges. could one of those challenges be maybe I do not get married? Food for thought.

3. Daven - I have occasional periods of davening where I feel a connection. But I have shed tears many times for this. At a certain point I think Davening has been enough and something else needs to give.
4. Learning - my learning is for me not for anyone else. I love it and it is for me.

So that is those ideas, what purpose does it serve? Honestly no idea, these are just musings.

Now let us say I am being picky, and maybe I should settle?

Well let us put this into perspective.

I am 6ft 1, tall dark and well built. I have a good job.

I learn I daven, granted not always with a minyan something I need to work on.

I do not curse or drink too much. I am polite and respectful as a rule.

I enjoy learning, art and reading.

I constantly try to work on my discipline.

SO my question is why should i settle? Why should I marry someone I do not find attractive or interesting?

I could easily take all those things and just find myself someone who is not religious or not jewish and would die for a person who has all those qualities.

Feel free to critique, I have had these thoughts tied up in my head and it is very likely I am being

overzealous in my opinion of myself.

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Re: Stress and frustrations

Posted by FighterWithFire - 18 Aug 2022 03:19

[supremeone wrote on 17 Aug 2022 21:24:](#)

Oh and also, I have a filter called qustodio. Works well.

Agreed. Works very well, easy to setup, and has a monitoring option so that someone else can see what's going on every time you try to access something you shouldn't. Recommended.

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Re: Stress and frustrations

Posted by supremeone - 18 Aug 2022 05:40

Hey kavey, thanks! I'll check it out.

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Re: Stress and frustrations

Posted by eyes - 18 Aug 2022 06:13

does it work for mac

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Re: Stress and frustrations

Posted by Kavey - 18 Aug 2022 13:58

[supremeone wrote on 18 Aug 2022 05:40:](#)

Hey kavey, thanks! I'll check it out.

Also, if you're interested there's a fascinating Rav Pincus in his sefer Tiferes Torah by parshas Vayakhel. He explains that Chazal speak about two yetzer hara's and how in our generation we only have the one which is our physical desires, meaning it's us. Really like you were saying.

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No pressure

Re: Stress and frustrations
Posted by supremeone - 18 Aug 2022 15:12

Eyes, I think it does

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Re: Stress and frustrations
Posted by Kavey - 18 Aug 2022 15:21

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Re: Stress and frustrations
Posted by Lchaim Tovim - 18 Aug 2022 15:26

[supremeone wrote on 17 Aug 2022 21:22:](#)

I am not taking this too seriously because I took it too seriously for 10 years and it hasn't helped. So I will crack jokes and focus on why I am awesome and actually on my way to being an eved hashem.

Reminds me of this. "When I'm sad, I stop being sad, and be awesome instead! True story..."
-HIMYM

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Re: Stress and frustrations
Posted by supremeone - 18 Aug 2022 15:30

Reminds me of this. "When I'm sad, I stop being sad, and be awesome instead! True story..."
-HIMYM

Haha, yea exactly! We are gonna be legend wait for it dary!

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Re: Stress and frustrations
Posted by supremeone - 18 Aug 2022 15:32

Also just for a laugh:

"A moth goes into a podiatrist's office, and the podiatrist's office says, "What seems to be the problem, moth?"

The moth says "What's the problem? Where do I begin, man? I go to work for Gregory Illinivich, and all day long I work. Honestly doc, I don't even know what I'm doing anymore. I don't even know if Gregory Illinivich knows. He only knows that he has power over me, and that seems to bring him happiness. But I don't know, I wake up in a malaise, and I walk here and there... at night I...I sometimes wake up and I turn to some old lady in my bed that's on my arm. A lady that I once loved, doc. I don't know where to turn to. My youngest, Alexendria, she fell in the...in the cold of last year. The cold took her down, as it did many of us. And my other boy, and this is the hardest pill to swallow, doc. My other boy, Gregarro Ivinalitavitch... I no longer love him. As much as it pains me to say, when I look in his eyes, all I see is the same cowardice that I... that I catch when I take a glimpse of my own face in the mirror. If only I wasn't such a coward, then perhaps...perhaps I could bring myself to reach over to that cocked and loaded gun that lays on the bedside behind me and end this hellish facade once and for all...Doc, sometimes I feel like a spider, even though I'm a moth, just barely hanging on to my web with an everlasting fire underneath me. I'm not feeling good. And so the doctor says, "Moth, man, you're troubled. But you should be seeing a psychiatrist. Why on earth did you come here?"

And the moth says, "Cause the light was on."

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Re: Stress and frustrations

Posted by connected - 18 Aug 2022 15:44

[supremeone wrote on 18 Aug 2022 15:32:](#)

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And the moth says, "'Cause the light was on."

Ha!

Some good, Kosher McDonald's

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Re: Stress and frustrations

Posted by retrych - 18 Aug 2022 15:56

I was using qustodio, sort of still am, but I find it very erratic with what it does and doesnt block, and to a lesser extent what it reports. it's positive becuase I'm afraid to go to any site I might have to explain, but it also wont necessarily block everything. Thouhg I haven't tested it out, thanks to the reporting

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Re: Stress and frustrations

Posted by supremeone - 18 Aug 2022 15:59

I am going to post a song I have been listening to which I have found is really soothing.

It does have kol isha so I will only post the music not the video and it is in Danish so the words might sound like gibberish.

Ok cannot post the link, its called anoana by heilung.

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Re: Stress and frustrations

Posted by supremeone - 18 Aug 2022 16:00

[retrych wrote on 18 Aug 2022 15:56:](#)

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Yea it is not perfect. but none are tbh.

You just need the one which works for you,

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Re: Stress and frustrations

Posted by ?????? ?????? - 18 Aug 2022 17:33

Just curious, are you guys using the free version of qustodio or the paid one? I don't know if it the paid one would be better in terms of the software behaving erratic or not, but I'd like to look into it because I might add it to my signature. Also are you guys using webchaver on top of it, and is it through the free method without the filtering or with webchaver filtering?

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