

How to Replace the Drug Of Choice

Posted by Tzvi - 06 Jul 2011 20:03

Does anybody ever feel like this.....

I am too tired to do anything.....

I am in no mood to rest or sleep.....

I am not in the mood to do anything at all.....

I feel so lazy.....

In my mind..... the only thing that will help me is MY DRUG OF CHOICE. "M....."

Well, what else helps?

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Re: How to Replace the Drug Of Choice

Posted by Shteeble - 06 Jul 2011 20:22

While I don't know of something to replace the drug of choice, I do have some advice.

When you are not in the mood of doing anything, often you may find that at such times you are not really focused. You need to close your eyes and think of what is the most important thing for you to do in the present moment. Often, there is so much to do, and without focusing on it, our brain is not aware of what's most important, and it gets stuck doing nothing.

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Re: How to Replace the Drug Of Choice

Posted by shteighecher - 06 Jul 2011 20:25

Take it easy. It's temporary. Part of a nisayon. You are doing the right thing now, stay on the forum, communicate, try to read as many threads as you can and if possible repond to them. the repond does not have to be perfect, just the best you can. Sit around until you forget the reason why you started to sit here.

Hotzlucha. We are all with you and we all had at times the exect same feelings. So, take the advice from all the people on this chushive kehilla.

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Re: How to Replace the Drug Of Choice
Posted by wannabehappy - 06 Jul 2011 20:48

Dear Tzvi,

seriously sounds like you need a schedule.

Can you dig deep and find what you really like doing.

What does your schedule look like now?

But to answer your front question, I am right there with you. For me its scheduling issues that mess me up all the time.

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Re: How to Replace the Drug Of Choice
Posted by teenagehelp - 07 Jul 2011 03:54

hey tzvi! i can only echo wannabehappy. you have to figure out a way to get active (whether physically or mentally) and work some structure into your day. right now when youre still stuck in the lazy-phase, (i wont lie) the beginning is going to be tough when you try to get out. but all beginnings are tough. we know (and you know) that you can do this and pull through to get out of this rut. any time you think of just being lazy (or anything worse), just realize its your yetzer hara and fight your way out of his grasp. go for a run; come on the forums; pick up a hobby. you just have to make sure the ball is in your court, not the yetzer hara's.

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Re: How to Replace the Drug Of Choice
Posted by ontheedgeman - 07 Jul 2011 13:54

keep a worry journal, write down what you are feeling, what events happened before the feeling.

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Re: How to Replace the Drug Of Choice
Posted by Tzvi - 07 Jul 2011 15:46

thank you everyone for th e great advice. I am using it right now!

shteeble- youre right. i do need to focus on what's most important now.

shteighecher - thank you. It IS important for me to realize that it's only temporary. As far as staying on the forum until I forget why I came, that could be problematic. I could spend the whole day on the forum. I will not have had an accomplished day by spending the whole day on the forum. I need to work on parnosah. But maybe I could stop by for a short while when i get this feeling. need to find a happy balance with that i guess.

wanabehappy- thanks for the support. i'm not sure if it's a scheduling issue by me, but i need to think about that one.

Shlomo- thanks for the support. Boruch Hashem I am usually pretty busy with good things, but this feeling does come up every now and then. When it comes up, it feels like the drug of choice

is the only thing that gets me out of it.... for an hour... and then it hits again.... "a thousand times is never enough"....

ontheedgeman- good idea. thanks, and thanks for your support.

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Re: How to Replace the Drug Of Choice
Posted by shteighecher - 07 Jul 2011 16:07

Being all day on the forum is not a total solution, it will not bring the solution to everything. But, it can be the solution for the problem you have at that moment. I now also got this addiction to the forum. In the past, I use to solve a urge by sitting all day on sites, now, I do it by sitting on the forum. So, is it a total solution ? Does it solve parnusa ? NO, but, it keeps me clean.

Forget about what will be the next hour or the next day or the next 1000 times. We are doing one hour at a time and one day at a time. Remove that pressure, don't think of the next problem. Just take care of the one you have right now. We will deal with other problems in the future.

The only other thing I can tell you is that it will not last forever the way it is now. Its very difficult in the beginning, but, it will be much easier in the future. Not everyone is the same and I can not tell you at which number of days it will change. But, you can check with every one here who reached 90 days and even those that have reached a little less. It will become easier and some days it will be so easy, that you might forget that you ever hd a problem. The attacks will still come back from time ti to time but not so often. Not a thousand times not even a hundred times.

Keep on trucking. We all have the same issues and we're happy to communicate openly about our secrets and it helps us.

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