

Quick Fix

Posted by Izzadin - 12 Jul 2012 22:27

Hey there everybody. So, I'm depressed today after a few expectations were not met. Just really bummed out. My mind offered me a quick-fix.... so, I figured I would come here and post my inner dialogue instead!

Thanks for listening.

Bira

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Re: Quick Fix

Posted by rt - 12 Jul 2012 23:06

I had something similar today. , hope you will have more success than me.

hatzlocho, KOT

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Re: Quick Fix

Posted by Izzadin - 12 Jul 2012 23:32

thank you, I will succeed today, with Hashem's help.

Bira

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right decision

Re: Quick Fix

Posted by obormottel - 13 Jul 2012 00:42

All you need is today.

Thank you for bringing it up to the light.

Mottel

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Re: Quick Fix

Posted by Izzadin - 16 Jul 2012 00:25

Once again, boredom drew me to just click.... so I chose to click here instead and share it with you all.

If my urge was stronger (as it's been in the past... and probably in the future) this wouldn't be enough. But BH for the small battles.

Birah

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Re: Quick Fix

Posted by DesertLion - 16 Jul 2012 16:39

In times of boredom, I say that giving myself a short break (5-10mins) away from the computer is better than going on a binge and wasting time. That wastes days in terms of lost productivity, guilt and lost energy. That's not even mentioning the spiritual damage. Just don't let the boredom, which is a type of mental stress get to you. Find something fun and healthy that will give you that 'fix'.

Apparently, studies have shown that these lust attacks only last for 15mins at a time, so if we can survive that we're safe for the moment.

BW,

DL

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Re: Quick Fix

Posted by Izgadin - 16 Jul 2012 16:52

Thank you Desert Lion! It is not real boredom. It's more like checking email, facebook and other diversions. It becomes (in addition to many other hideous forces) simply a habit. That part of it I can easily switch with the GYE habit.

Be well you,

Birah

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Re: Quick Fix

Posted by Izgadin - 16 Jul 2012 21:26

Ok, so now I am feeling down. What would I normally do? Well, I well let you figure it out on your own! And to be sure, it would make me feel better for a short while. I would even convince myself that I will be able to better focus on what I need to do afterwards (even after this has not been the outcome thousands of times before). There is really only one way to focus on what I have to do.

WWho could tell me what that is?

Thank's for "listening", and your feedback, comments and just slaps on the back are very helpful.

Bira

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Re: Quick Fix

Posted by DesertLion - 17 Jul 2012 12:13

Hey Bira, I hate doing this myself and I'm sure you do too, but we all know the easiest way out is just biting the bullet and getting on with it. Wish I could do that with joy rather than hating and resenting it.

The only reason I'm here is bc I refused to listen to my conscience (I sensed masturbation was wrong even though I didn't know the consequences) when I was a teenager and chose the path of least resistance rather than the one of struggle and discipline.

Guess it helps to make short-term goals and targets, and think about what we are working towards and what we can still achieve and become. Got to have a bit of carrot and not just all stick.

DL

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