

Feeling let down after R"H?

Posted by Momo - 21 Sep 2009 12:21

Hi,

If you are still feeling great after R"H, that's super, and this is not the place for you.

Are you feeling the hum drum of regular life already? Especially if you're back at work and facing the same challenges as before R"H.

Do you feel like you've changed in shul but back to the same person once you've stepped into your office?

How do you deal with it?

Are you bored, upset, grumpy?

Let's kvetch together, or get/give some chizuk!

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Re: Feeling let down after R"H?

Posted by Rage AT Machine - 21 Sep 2009 14:44

[7Up wrote on 21 Sep 2009 14:37:](#)

you may feel compelled to thank your Tatte in Shamayim after tasting them!

At least ill be closer. As a very very wise man once said, "the highest of the highs, the deepest of the deep."

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Re: Feeling let down after R"H?
Posted by Nat - 21 Sep 2009 17:38

I feel totally that way like in selichos this morning where it spoke about how am yisroel is crushed I really felt that way totally!

Falling a day after Rosha Hashana is horrible but the truth is what is rosh hashana if not a beginnign to make the next year better so I'm making today My rosh hashana!

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Re: Feeling let down after R"H?
Posted by Efshar Letaken - 21 Sep 2009 19:24

If I was feeling Down its gone now after reading all the posts above.

Way To Funny.

I was going to write "Way To Funny" with the Initials only & give 1000 GYE for whoever figured it out but then realized it wasn't such a good idea after all.

V'Hovin

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Re: Feeling let down after R"H?

Posted by Nat - 22 Sep 2009 16:24

whenever I felt really low my mind was all filled with curses and anger and I swore about everything everything was !@#%\$%^&^ I think you get it, We should fill our mind with happy things. Just being happy is a helpful tool for me

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Re: Feeling let down after R"H?

Posted by TrYiNg - 23 Sep 2009 03:37

me3 thx for the consideration, *others* should learn from you. (I cant be too explicit, kibud av v'aim)

Mostly women deal with this,but we are making a men's wall of honor shortly iy'h.

:D :D R' momo, on this site, make sure the **men** can't pm. ;D At last...We're the majority...revenge...ahh .

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Re: Feeling let down after R"H?

Posted by Nat - 29 Sep 2009 10:10

Maybe we should make a feeling let down after yom kipur not that anyone is... ;D

Maybe just feeling down?

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Re: Feeling let down after R"H?

Posted by Momo - 29 Sep 2009 10:39

Nat, that's so funny because I was just going to post about that.

I feel down. So last year's sins maybe forgiven. So I haven't acted out yet. What is that worth if I don't feel connected to HaShem? I wish I was, but I don't know how to do that. What must I do?

Add to that the fact that it's hard to get back to the grind, back to work with the same challenges as before Y"K (be careful not to do this, not to do that...).

Add to that the fact I'm so far behind in work, I feel very overwhelmed.

As I told Yaakov last week, if I had a pill in my hand that I could take to end it all, I would take it. I would take it right now. But I don't.

Sorry to depress right after Y"K!

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Re: Feeling let down after R"H?

Posted by 7yipol - 29 Sep 2009 10:47

I feel down. So last year's sins maybe forgiven. So I haven't acted out yet. What is that worth if I don't feel connected to HaShem? I wish I was, but I don't know how to do that. What must I do?

What must you do?

Post on the FEEL THE HUGS! thread. Find a hug, post, then find another. And yes, they are there. I honestly believe that this is a basic which is at least as fundamental as 12 steps.

Hug # 1 - GYE exists.

Hug # 2 - Im part of the family

etc

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Re: Feeling let down after R"H?
Posted by G38 - 29 Sep 2009 11:17

Hey guys

We still have Succos before us, and you all get the blues already?? :o

I usually get them after Simchas Torah.

Could you all advice me how to kvetsh my Pomegranates left over from R"H.

You seem to be experts, all of you. They say Pomegranate juice is healthy so maybe it could cure you kvetshers.

:D

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Re: Feeling let down after R"H?
Posted by jerusalemsexaddict - 30 Sep 2009 09:47

What's with all this talk I hear about not expecting to be lusting cause it was just Yom Kippur?

Does that really make sense in anyone's mind?!

We are lust addicts,for G-d's sakes!!!

We still feel insecurity.

We still need that "comfort".

I don't put need in parentheses because we do need some sort of comfort.

Just not this one.

The trick is to not feel that insecurity.

No need to fear.

But anyway,back to my point.

Why would that leave just because we had a very uplifting experience?!

Im confused ???

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Re: Feeling let down after R"H?

Posted by TrYiNg - 01 Oct 2009 10:21

me 2.

'cuz it didn't

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Re: Feeling let down after R"H?

Posted by Nat - 06 Oct 2009 00:52

that commet about like of course we hould be lusting etc is very on the mark for me last night we were having this kumzits and the entire time I was batteling myself to feel close to Hashem

instead of thinking of a neighbours wife which appreciates my divrei torah etc...

I though I was insane but there have been people like me before singers etc who have lived with active sexual addictions.

I am insane but that doesn't make me crazy I mus follow the steps and slowly but surely I will arrive in a safer place....

SO yeah now its let down during succos does it ever end!!

I just remeber feeling in all of the songs how my neshama felt so lost hurt etc that it even had to deal with this garbage!

Hashem please bring moshiach asap we need veruach hatumah aavir min haaretz

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