

the void

Posted by nitzotzeloki - 07 Apr 2013 18:34

unfortunately im dealing with some very severe depression which started recently (it usually happens this time of year) i feel like a complete piece of **** and davening and learning is really difficult for me. i want to connect to Hashem but the only g-d i know when im in this state is the g-d of fantasy and temporary pleasure. ive been white knuckling it so far but as dov says 'how long can you hold youre breathe?' i feel totally self involved, stuck in my own head which is the worst place for me to be. ive been reaching out to get some off internet help and im holding on the best i can. i feel this empty space inside and i dont know whats even supposed to go there. im not good at saying what i actually feel, always thinking that i 'have' to be okay. well right now im not okay.

=====

=====

Re: the void

Posted by nitzotzeloki - 20 Sep 2013 12:58

got fired

=====

=====

Re: the void

Posted by nitzotzeloki - 06 Oct 2013 00:18

went thu at least a brazzilion tissues on shabbos. havent been isolating though and am doing all right

=====

=====

Re: the void

Posted by Pidaini - 06 Oct 2013 01:01

BH, Refuah Shleimah!!!

KOT!!

=====

====

Re: the void

Posted by nitzotzeloki - 06 Oct 2013 18:16

thanks.

mmmmmmmmmm fake chicken soup.

=====

====

Re: the void

Posted by SIB101854 - 07 Oct 2013 04:26

I agree with Alex. I would suggest that you either speak to your Mashgiach or a Rav of find a therapist as soon as possible.

=====

====

Re: the void

Posted by nitzotzeloki - 07 Oct 2013 11:56

[SIB101854 wrote:](#)

I agree with Alex. I would suggest that you either speak to your Mashgiach or a Rav of find a therapist as soon as possible.

about the fake chicken soup?!

in all seriousness if you are referring to the subject matter discussed when i first started this thread, B"H much has changed for the better since then. maybe i should rename the thread. any suggestions?

=====

====

Re: the void

Posted by Pidaini - 07 Oct 2013 14:57

You've been writing much more Headline style, so how 'bout

"Spark's Headlines"

=====
=====

Re: the void

Posted by nitzotzeloki - 08 Oct 2013 13:48

=====
=====

Re: the void

Posted by Pidaini - 08 Oct 2013 13:50

ahhh, the feeling of recovery.....

=====
=====

Re: the void

Posted by nitzotzeloki - 08 Oct 2013 13:56

[Pidaini wrote:](#)

ahhh, the feeling of recovery.....

wait! is that air?! that im breathing?! through my nose?!

one 'sniff' day 'achoo' at a 'tekiah!*' time

*(how does one spell the noise of blowing ones nose?)

=====

=====

Re: the void

Posted by tryingtoshteig - 08 Oct 2013 17:09

[nitzotzeloki wrote:](#)

[Pidaini wrote:](#)

ahhh, the feeling of recovery.....

(how does one spell the noise of blowing ones nose?)

ppppppppppbbbbbbbbbb!!!!

ppppppppppththththththth!!!!

pppppppppppfffffffff!!!!!!!

ppppppppppbbbbbbbbbbvvvvvvv!!!!!!

...

Warning: Spoiler!

=====
=====

Re: the void
Posted by Machshovo Tova - 08 Oct 2013 18:10

Gezuntheit!!!

MT

=====
=====

Re: the void
Posted by Pidaini - 10 Oct 2013 00:36

Some people have been lax in posting their posts, here's an excerpt of a chat with reb turtle monkey

"how am i supposed to be completely miserable with G-d running the universe and Loving me all the time?"

Sheesh, he's darn right!!

=====
=====

Re: the void
Posted by MendelZ - 10 Oct 2013 00:42

BEAUTIFUL!! and very helpful. Thanks, Nitz (and Pidaini).

=====
=====

