

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.

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Re: the void

Posted by nitzotzeloki - 10 Dec 2013 20:24

popping in to say hi.....

so our OINK group is growing and evolving

Warning: Spoiler!

we started doing the 12 steps in a group format.

in other news, most of us went to the conference in yerushalayim. there many people who did not know that our group exists found out about us. now we as a group have some decisions to make. may Hashem guide us.

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Re: the void

Posted by ZemirosShabbos - 10 Dec 2013 21:52

are you saying it's no longer three little piggies?

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Re: the void

Posted by gibbor120 - 13 Dec 2013 02:58

[nitzotzeloki wrote:](#)

popping in to say hi.....

so our OINK group is growing and evolving

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Re: the void

Posted by nitzotzeloki - 21 Feb 2014 16:55

toilets are clean lekavod shabbos kodesh

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Re: the void

Posted by TehillimZugger - 24 Feb 2014 22:31

For some reason, the conjured up image of the chimp who is your avatar, skittering about in feverish toilet cleansing elicits peels of laughter from my otherwise rather stoic posture. A quick reminder of the true nature of your countenance restores me to sanity, though it may render you rather unsanitary.

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Re: the void

Posted by nitzotzeloki - 25 Mar 2014 22:09

so i started pesach 'vacation' (read unstructured day and boredom) i have a lot of things i would like to get done but no one breathing down my neck for me to do them so im just wasting time. at least thats how today went. days not over yet though.

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Re: the void

Posted by dms1234 - 25 Mar 2014 23:31

GO GO GO GO GO!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: the void

Posted by nitzotzeloki - 26 Mar 2014 05:11

sent in the weekly Tanya column to be edited

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Re: the void

Posted by nitzotzeloki - 10 Apr 2014 02:23

one of the chabad guys from the hebrew forum called me and told me that there would be a farbrengen for gye guys. i went and wow! it was AMAZING! im so incredibly grateful for the opportunity. we are trying to take advantage of the mashpia's visit here in eretz yisrael to make at least one other one before he goes back to the states after pesach. if you are interested let me know

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Re: the void

Posted by TehillimZugger - 10 Apr 2014 22:19

I'm interested when he gets back to the states, Who's the mashpia?

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Re: the void

Posted by nitzotzeloki - 14 Aug 2014 22:06

here are some things G-d has done for me in the past couple of days,

some oinkers were at my apt the other day and one of them was using my computer he found some things that shouldn't have been there and deleted them

today i was walking down the street and bumped into duvid chaim. we had a really nice talk and he shared with me his iceberg model B FATB

B is behavior its whats above the surface

F is feelings its below

A is attitude which is under the feelings

T is thinking

B is beliefs

(he told me that his price for telling me is my passing it on)

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Re: the void

Posted by ZemirosShabbos - 14 Aug 2014 22:17

thank you!

Warning: Spoiler!

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Re: the void

Posted by TehillimZugger - 17 Aug 2014 21:49

You let oinkers into your apartment?!

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Re: the void

Posted by nitzotzeloki - 17 Aug 2014 23:31

[TehillimZugger wrote:](#)

You let oinkers into your apartment?!

it was an extreme circumstance.

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