

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 cordnoy - 28 Aug 2014 19:58

Feelin' is mutual.

where will you be Monday mornin'?

You can email me @ thenewme613@hotmail.com

thanks

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Re: the void

Posted by TehillimZugger - 28 Aug 2014 22:06

Do u have my number?

I'll be in ny after shabbos

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Re: the void
Posted by cordnoy - 28 Aug 2014 22:28

So will I...or at least close by to there.

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Re: the void
Posted by nitzotzeloki - 29 Aug 2014 01:55

[TehillimZugger wrote:](#)

Do u have my number?

I'll be in ny after shabbos

i do have your number but when i tried calling it went straight to voicemail

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Re: the void
Posted by TehillimZugger - 29 Aug 2014 03:35

That's because I'm upstate, near Albany, try on Sunday.

Warning: Spoiler!

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Re: the void

Posted by nitzotzeloki - 29 Aug 2014 06:05

[TehillimZugger wrote:](#)

That's because I'm upstate, near Albany, try on Sunday.

Warning: Spoiler!

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Re: the void
Posted by nitzotzeloki - 02 Sep 2014 22:10

yesterday i saw a girl i used to be friends with. she said hi, i said hi, and that was the entire conversation. my brain though went into hyper-drive with imagination and what if and so on. it was ridiculous but it wasnt going away. so i started davvening for her, asking Hashem to shower her with blessings and only good things and that she should have a good life. then i put her out of my head and she stayed out

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Re: the void
Posted by nitzotzeloki - 05 Sep 2014 21:57

i have been dealing with some frustration the past couple of days where people where not meeting my expectations and things werent working out the way i wanted them too. today i was at a point that i felt completely overwhelmed, let down by people, frustrated and even kinda wanting to cry. i started talking to the Abishter and i asked Him to help me with the situation. its in His Hands. no one elses. then i asked Him to Help me deal with my internal reactions to the situation. after a couple of minutes i got a flash of inspiration. no one owes me anything! i was frustrated because this person should have done this for and this person should have done that for me and they didnt and how dare they! thing is they dont HAVE too. B"H right now im much calmer and Hashem has already Sent solutions in a way that even my eyes can see

have a great Shabbos everyone

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Re: the void
Posted by TehillimZugger - 08 Sep 2014 00:40

Keep sharing good news, monkey

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Re: the void

Posted by nitzotzeloki - 09 Sep 2014 08:38

had a rough day today. was in my own head, full of fear, anxiety, self judgement, imagining doomsday scenarios etc. forced myself to go about my day. i had a productive day but at the end of the day i was still feeling 'blah'

i spoke to the Abishter a lot today asking for His help. instead of isolating and stuck in myself i reached out. i spoke to the person who ive asked to sponsor me while im in the states and spoke to some friends (one of whom is very talented and plays guitar with a bird perched on their shoulder) i had a long conversation with my sponsor and B"H am feeling much more centered.

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Re: the void

Posted by TehillimZugger - 09 Sep 2014 16:39

It's not because I'm talented that I can play g.u.i.t.a.r. with a bird perched on my shoulder... It's because of birdie that I can play guitar in the first place.

Get

Up,

Into

Truck,

And

Rowuhll!

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Re: the void

Posted by Shmeichel - 10 Sep 2014 18:43

dear nitzotzeloki

you are inspiring me

you are my mentor

did you fill'er up your truck with super?

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Re: the void

Posted by Shmeichel - 12 Sep 2014 20:10

Tehillim zugger

Zugt

Uns

Gita

Gedanken

Err

Riest shtiker

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Re: the void

Posted by nitzotzeloki - 13 Sep 2014 00:42

i kinda feel bad only posting the tough times. but hey heres some more.

had to deal with some grown up stuff this week such as making decisions and being faced with a situation with no clear decision to make with real emotional fallout. i started freaking and really wanted to act out. i davvened and asked for Help and than started talking to people. wrote things down. looking at things on paper helped ease the emotions and give me a clearer picture of the situation.

i know that i cant prevent myself from acting out by trying not to. i cant take credit for staying sober. i give thanks to the Abishter for that.

have a great shabbos everyone

(oh and shmeichal, thanks for your kind words and KOS! (keep on smiling))

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