

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 - 11 Oct 2015 08:20

Hi all. I could offer a million and one excuses for being away but I'm not going to. I'll let you guys do that for me.

BH life has been good. There have been struggles and ups and downs but thats part of being alive. The amazing thing for me is that Im learning to ask for help just a little bit earlier than i used to. I'm so incredibly blessed to have relationships with some amazing people from this site.

The recent events in Eretz Yisrael have been very challenging. I spent erev simchas torah crying. Than I called a friend. He told me that he has no answers for me because he doesn't think that there are answers, At least not until Moshiach comes, but that I should remember that I am not the only one with questions. When I went to shul I looked around me and got out of myself enough to realize that other people are hurting as well. I put my arms around their shoulders and started dancing. I still felt like crying but I no longer felt alone. By sharing my pain and allowing myself to share others pain I got the strength not to deal with the pain but to feel it. The energy that I felt on simchas torah is undecribeble. I felt more focused, less helpless. I still don't understand and it still hurts but I think the lesson was learned. Reaching out to friends doesn't necessarily make the pain go away but when we share it we can get the strength to feel it and maybe even use it.

May Hashem bless all of us with the coming of the days when there will be no more pain

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Re: the void

Posted by nitzotzeloki - 13 Oct 2015 20:42

Today was incredibly tough. The situation here is terrifying. My wife was afraid to go to work. I sank into despair.

Being married on one hand is the most amazing thing because I have someone to share with, on the other hand when I can't deal with what I'm feeling it's still very difficult for me to open up and I end up sinking inside myself. The first step that I found I have to take is admit my emotions to myself.

I'm scared. I'm frustrated. I'm angry.

I'm frustrated and angry with Hashem.

I've been thinking about the tochacha alot in the past few days. Hashem is really putting us through the ringer right now. I think about how hard things are and how angry and sad I am now. And underneath that, once I've admitted my feelings to myself and accepted that I have them, is a tremendous desire for a relationship with Hashem. I want a connection. A real connection. Not lip service. I try and pour my energy into that desire. Hashem, please end this lesson. Please save your people.

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Re: the void

Posted by cordnoy - 14 Oct 2015 14:11

[nitzotzeloki wrote:](#)

Today was incredibly tough. The situation here is terrifying. My wife was afraid to go to work. I sank into despair.

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The post kinda switched between you and klal yisroel.

There should be hatzlachah to all.

Expressin' to oneself is good....to another is even better.

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Re: the void

Posted by nitzotzeloki - 19 Oct 2015 10:07

BH the past few days have been pretty stable mood wise. I've been reading the news a lot less and that has something to do with it.

Right foot left foot. Right foot left foot.

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Re: the void

Posted by nitzotzeloki - 20 Oct 2015 16:00

I was recently helping out a physically disabled person. While I was washing the dishes they wistfully said "I used to be able to wash the dishes"

Today I am able to be grateful for washing dishes

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Re: the void

Posted by markz - 20 Oct 2015 16:41

[nitzotzeloki wrote:](#)

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Today I am able to be grateful for washing dishes

Until you update your profile image, yes it is unusual to be able to do that without smashing half of them

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Re: the void

Posted by Markz - 29 Nov 2016 20:02

[Dr.Watson wrote on 29 Oct 2013 01:31:](#)

Monkey see double monkey do double.

I'm not never as sober as you don't think I'm not.

I mean, you're not as drunk as we didn't think you weren't.

I mean he's almost as drunk as you didn't know I thought it was.

Gevurah thanks for referencing this thread it's interesting

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Re: the void

Posted by Watson - 29 Nov 2016 21:05

Wow, it's been over 3 years, the last time I saw that monkey he was driving past me in a cab.

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Re: the void

Posted by Markz - 29 Nov 2016 21:11

[Watson wrote on 29 Nov 2016 21:05:](#)

Wow, it's been over 3 years, the last time I saw that monkey he was driving past me in a cab.

In the driver's seat

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Re: the void

Posted by Watson - 29 Nov 2016 21:32

I can barely the remember the days when he sold good old English PG Tips.

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Re: the void

Posted by Shlomo24 - 29 Nov 2016 21:33

I saw the name "nitz" and I was like "Wow, a blast from the past."

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Re: the void

Posted by nitzotzeloki - 23 Jun 2017 03:53

hi. am i back? i dont know. i know that i have no control over lust and p@#n and m@#\$%^&*!@#\$n (thats just for the censors) i know that i am powerless. the question that i have to ask myself is, do i care? how much discomfort am i willing to go through for recovery. on a consistent basis, not much. i have gone through things in the past year that i wouldnt wish on my worst enemy. lust has been my pacifier. done in the privacy of my home with no one the wiser its WORKED for me. at least thats what i tell myself. thats one reason that i popped in. reading other peoples stories helps dispel the illusion that ive created for myself. i know from experience that there is a limit to the effectiveness of the forum. it does do something though and something is more than ive tried in a while

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Re: the void

Posted by Markz - 23 Jun 2017 04:12

[Nitzotz wrote:](#)

i used to look back all the time saying "oh no! what have i done! Hashem help me erase the past." and i never heard a response.

finally i started looking forward saying "Hashem i'm leaving the past to you and i'm forgetting all about it. help me have a good future. help me from here and on be the person You want me to be." and that's where i realized Hashem had been waiting to help me all along

Do we need to hold onto yesterday, or hope for tomorrow?

If you have buddies to share your tree with **today** that's what counts, no?

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Re: the void

Posted by cordnoy - 23 Jun 2017 04:39

Hi again.

Sorry to hear.

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