

Moods as triggers

Posted by Ezra - 23 Mar 2014 04:45

Question - Much has been written on the site about the wrong frame of mind making it more difficult for one to avoid things they should not be doing. The most common being depression / feeling down and boredom. Wondering if there are others moods that make it more difficult. Has it ever been more difficult when in a good mood / happy and if so why?

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Re: Moods as triggers

Posted by mr.clean - 23 Mar 2014 04:53

Interesting question, honestly I don't think when I was happy it was much of a deterrent although it sometimes was, but boredom isn't the opposite of happy so that got me a lot.

One thing I did notice, after clean streaks of about a week or so I would get very depressed and it would really come and go and that would cause me to mess up many times I would feel like I was being pushed to the edge of my sanity being thrown around from mood to mood, its terrible.

What u feeling now that made u ask this question?

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Re: Moods as triggers

Posted by Ezra - 23 Mar 2014 06:18

but somehow my mind was starting to wander, almost as if it wanted more of a good mood... got me wondering...

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Re: Moods as triggers

Posted by dms1234 - 23 Mar 2014 08:15

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Re: Moods as triggers
Posted by Ezra - 23 Mar 2014 16:42

9494 good point. I wonder if not knowing how to properly express that joyful mood may also be a factor.

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Re: Moods as triggers
Posted by Pidaini - 23 Mar 2014 18:18

I can certainly relate,

Both good times and bad, they are both triggers for me. Basically whenever I let myself get swept along with my feelings I'm in a dangerous place. Even if those feelings are "good" I should be on top of them, keep on doing what I know needs to be done, and I can enjoy the fact that I'm also feeling good, and when I'm not feeling so good, then I also know what I need to do, and I don't have to take the feelings too seriously.

So when I feel good, I smile, but I don't get hyper with it, and I try not feeling like all my problems are over. I am still human, still have desires, and still have to keep an eye on myself. It's smooth sailing, no highs, but also no lows, it's just smooth!!

) error!!

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Re: Moods as triggers
Posted by Avrom - 23 Mar 2014 19:07

I don't think that a good mood is a positive thing and not to be worried about. When I'm besimcha - I don't need anything else in my system,

HOWEVER, a pilot once told me: "Flying a plane is easy - you could do it yourself" - "The issue is the landing!" The problem is not the good mood - its what happens after.. My most common falls are: After yom tov, after a great wedding and after fun trips. If I just "crash" back in to ragular life, i cant cope and need my fix. I needed to learn how to unwind, and slowly return to normal life.

Also good moods don't last forever, often a "high" is followed by a low. Knowing that helps me not to e disappointed later on.

Happy to hear your in a good mood, hey its still addar!!

avrom

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Re: Moods as triggers
Posted by Ezra - 23 Mar 2014 23:40

, thanks to all for contributing.

Feeling like to points are echoing here:

- 1) Not knowing how to cope / share the good feelings
- 2) Knowing that the good feelings and and not knowing how to ride back into life.

I find it interesting, b/c so much focus is on being happy not depressed, but there is clearly more to staying on top!

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Re: Moods as triggers

Posted by SIB101854 - 24 Mar 2014 01:24

Bordeom, especially either at work or home, was and remains a trigger for me which I am trying to avoid. When at work, think positively-even if you have issues with your job,you could be out of work. Then ask yourself-think of what is important in your life-Yiddishe Naches!

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Re: Moods as triggers

Posted by kilochalu - 24 Mar 2014 02:43

see all of the motzai yom kippur falls posted

Rav Volbe writes regarding motzai yom kippur (like Avrom said before)

that the most dangerous part of the space shuttle's flight is the reentering the atmosphere that must be at exactly the right angle

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Re: Moods as triggers

Posted by Ezra - 25 Mar 2014 16:19

Maybe we need a chizuk hotline for people who are just too happy and giddy on life.

Until that hotline is started (Last I heard GYE was having difficulty fund raising for that one), learning how to balance emotions and "reenter the atmosphere" will be helpful. Further suggestions if any welcome.

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