

Trying to start from the basics

Posted by JustKeepGoing - 25 Jul 2014 02:59

Hello guys,

Been a while since Ive been here but happy to see that things are still happening here. People getting help etc.

So.. Ive been in a major rut despite really growing in maturity and realism. Ive studied a lot of psychology, have taken up healthier habits exercise, sleep, and I've been working to keep the time busy.

Just to give you a frame of reference here, Im around 23 yrs old, just stopped doing Yeshiva full time and started college. Im pretty scared of the future, I dont know what I want or where Im going. Im starting to get a degree as all of my friends are already getting fancy sounding jobs in big places and it makes me feel kind of small and scared of the world. So that kind of stuff makes me run to the drug of P&M because of all the reasons that I know people have spoken about at more length than I can get into. (comfort, etc.) Although I will add a personal reason why I P&M is that I feel it'll get me out of responsibility because when I act out I feel like garbage/sick and if Im sick I cant be expected to do anything. So definitely a way to avoid responsibility for me.

So now Im back on here, not really sure where to go or what to do next. And I think I just want to be back here part of the community to get advice from and see what you all think of things and get some support.

I'm hopeful that this will be the end of the hamster wheel Ive been stuck in.

Its good to be back

=====
=====

Re: Trying to start from the basics

Posted by JustKeepGoing - 23 Dec 2014 22:01

Lol ok this response is overdue.

So after struggling to think of a breath pun I couldnt do it... So I decided to go outside, think things over and get some fresh air.

....wawa waaaaa

Anyhow I havent read the white book. I dont want to say I will because I have an entire bookcase of things to read that I havent gotten to yet.

I would love to speak to the good doc' let me know when hes back.

Gibbor I want to address that point you make. First of all yes, absolutely Hashem is running the world and he can "pick you up" so to speak which is what I feel happens in Israel for a lot of guys that start learning. We get picked up by Hashem and then Hashem drops us into the real world and says ok now learn how to do that on your own. And lest you think Im an apikores thinking for myself, Rabbi Akiva Tatz says the same thing in the Teenagers Guide.

I was coming more from the perspective that you have to take action and not play the victim. Ive done that too often where I sit around and mope or feel sorry for myself. Ask Rabbeim for my solutions (because they know best) and its pathetic. Hashem doesnt want us to become people that arent individuals who can think for ourselves. But quickly I want to point out that Im just speaking from the other side of the spectrum obviously you need guidance in life and of course you can ask a rebbi for that guidance. But guess what G-d didnt make the Rabbi the only person born with a brain. We all have brains so we can use them.

And using my skills and abilities that G-d gave me doesnt mean I dont recognize where they

come from. I simply mean that "self- reliant" means that you are the action taker not waiting for someone else to come along and save you. Which btw is what every one on GYE does. Rarely does someone swoop down and solve our problems for us. We all take some action.

I used to think like you gibbor but I was drowned in a lack of self identity, Everything I did didnt matter, and everything I didnt do also didnt matter. Who cares it has nothing to do with me anyways.

So thats that.

Now about me- I was clean two weeks for the first time in a LOOOONG time and wow I forgot what it was to be normal. Life was enjoyable and I was present with family and friends, socially I was a lot better and my skin was a lot tougher (insults and harsh words didnt affect me..)

I did that by focusing on one goal at a time. My problem was that I had too much free time. I had free time because I was overwhelmed from the things I needed to do. So I decided to focus on one thing at a time (on my to do list) and I managed to keep busy for days. Then I finished what I could on that project and had to start the next one. But I got overwhelmed again and couldnt focus and didnt make the time to make a list of what needs to be done. So after 3 days of watching tv (pathetic I know) and barely hobbling along on the things I needed to do, then I got sick and spent another couple of days in bed I finally fell.

Interestingly though after being clean for two weeks I was able to do nothing (my kryptonite) for several days before I fell. After I fell the first time I fell again the past two days one after the other. And now were on day 3.

Whats the system your working, Dr.?

=====

=====

Re: Trying to start from the basics

Posted by gibbor120 - 23 Dec 2014 22:22

I think you misunderstood me. I wasn't advocating waiting for someone to come and save you. You used the words self-reliant, and said that it was the basis for self-esteem. That struck me the wrong way, but you may have meant something different by those words, so perhaps I misunderstood you.

=====

Re: Trying to start from the basics

Posted by dms1234 - 23 Dec 2014 22:33

I would like to remind you to take a DEEEEEEP BREEEEAAAAATH!

JustKeepGoing

I did that by focusing on one goal at a time. My problem was that I had too much free time. I had free time because I was overwhelmed from the things I needed to do. So I decided to focus on one thing at a time (on my to do list) and I managed to keep busy for days. Then I finished what I could on that project and had to start the next one. But I got overwhelmed again and couldnt focus and didnt make the time to make a list of what needs to be done.

Wow! Incredible! Apparently you need to focus on one goal at a time and make a list of what needs to be done!

=====

Re: Trying to start from the basics

Posted by cordnoy - 24 Dec 2014 05:05

JKG

While I am also not sure I understood you either, but it did sound like some things I have been advocatin' - God 'allows' us to make decision; He helps us in these problems, but it is our

responsibility to get ourselves out of it....or somethin' like that.

Is that somewhere near what you were sayin'?

b'hatzlachah

=====

=====