

Depression and addiction

Posted by breakingthehabit - 08 Jan 2015 01:13

Hi Everyone, I've notice many here (including myself) have suffered from severe depression, do you think s@x addiction and depression are interlinked? should depression treatment accompany the chizuk of the GYE program? It seems that while you can protect yourself with the tools given Depression can be a trigger in the future to a fall down.

Personally before acting out on my urges I am depressed or angry and that also gives me a "heter" to look at shmutz and act out.

any thoughts?

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Re: Depression and addiction

Posted by Shmeichel - 08 Jan 2015 04:31

no solution though from me yet

but i think it definitely can have a connection

however, be careful, because depression can be of two different types

where one needs medication, and nothing else will help, and the other needs a good psychotherapist, or a thorough learning of chovos halvovos etc...

but in the second case there is definitely a room for a healthy moral support against that killer called depression

thanks

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Re: Depression and addiction

Posted by cordnoy - 09 Jan 2015 19:56

Not only are they connected; depression might be the cause of the addiction.

That is what the 12 steps are about. We need to find out what was/is wrong with us that we were lookin' for lust as a solution.

Your post hits it on the head why some addicted people are not recoverin'.

they are searchin' for chizuk in their addiction, and at the same time lookin' elsewhere to help them with their anger, resentment, loneliness, depression, stress, jealousy, and more.

It is only when they realize that one is fuelin' the other will they be on the path of recovery.

this is not for everyone, but for some.

b'hatzlachah

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Re: Depression and addiction

Posted by doingtshuva - 11 Jan 2015 02:53

breakingthehabit - Good ?

When ever I have an urge to look at Shmutz,

I stop and ask myself, am I now tiered, hungry, angry, stressed, depressed.....?

At the same moment I try to remind myself that Smutz is not going to make the situation any better, just the opposite!!!!

I'll rather go on walk, eat, or make phone call.

From what I have read depression ,traumas or an abuse can lead to addiction, meaning that

some addicts are not to blame for there addiction.

But who wants to stay suffering?

I would say that I work on both. Not to lust, and to have well being.

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Re: Depression and addiction

Posted by Shakeitoff - 11 Jan 2015 03:40

The whole idea of stopping and asking myself "Am I...?" before looking for shmutz might be easier for me if I "put it off 2 minutes" every time I feel the urge. What I mean is...feel the urge, tell myself to put it off 2 minutes, then ask those excellent questions.

Might help me stop overeating too!

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Re: Depression and addiction

Posted by dms1234 - 11 Jan 2015 08:12

Shakeitoff

The whole idea of stopping and asking myself "Am I...?" before looking for shmutz might be easier for me if I "put it off 2 minutes" every time I feel the urge. What I mean is...feel the urge, tell myself to put it off 2 minutes, then ask those excellent questions.

I get what you mean but i don't know if i like to "put off" the urge. It just seems like i am avoiding recovery. I have to accept the urge! Meaning I realize its there and then realize like doingtshuva says that it won't benefit me. I often when i get an urge, take a deep breath which helps me concentrate. You could say i am putting off the urge but that lashon implies that it will come back immediately. Im not sure and I'm doing too much thinking. All i know is that WE GOTTA GET OUT OF OUR HEADS. Reaching out so key. Having someone that i can even message, preferably call, at any moment is a lifesaver.

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Re: Depression and addiction

Posted by Shakeitoff - 11 Jan 2015 08:59

I couldn't agree more that reaching out to someone else is the best thing. Best of luck in your learning in Eretz Yisrael!

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Re: Depression and addiction

Posted by breakingthehabit - 15 Jan 2015 19:25

Thank you all for your responses. I just have been thinking a lot about the subject. And because of it I've tried to work on my depression with a therapist besides the 12 steps. I think depression which conducts to low self esteem can become a matir for acting on your urges.

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Re: Depression and addiction

Posted by cordnoy - 15 Jan 2015 19:51

Ain't that the truth!

I wouldn't say it as a matir; more like a relaease, a lettin' go, a removal from reality, a place of escape.

And that is why we call this addiction as a solution; not the problem.

b'hatzlachah

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