

triggers

Posted by ovadia - 03 Dec 2009 13:48

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Hi everyone,

I am very new to the family, and I just started the 90 days yesterday. Today I suddenly got "the feeling" which I know is the beginning of a fall c"v. Since i joined the forum I am trying very hard not to just give up and give in, so I think a lot about what triggers off the "attacks". So I thought that if at the beginning I immedeatly identify what triggered it and I post that feeling here, then maybe someone will identify with it and help me out.

I also hope that this will be beneficial to anyone else who is trying to pinpoint the triggers.

Now what happened just before, is that for some reason (Satan!) after I opened my 90 days account I did not receive the email confirming it, and when I logged in I got the message that there had been an error. After trying clicking here and there I emailed Guard who replied but I still wasn't able to.

At that point I felt **the feeling** and I could hear that voice saying "What the...its just too complicated !" frustration ! and then I realized what happens: I lose focus. All the Chizuk emails, all the posting just begins to fade and I disorientate. You know the feeling when sometimes you stare at something and after a while you become glassy eyed - that is the feeling inside me - I lose touch with everything ...and then I let go.

Wel,I first of all just writing this has put me back in touch for the time being. And also I suppose that the stuggle is to keep the Seychel ahead of the Laiv, and this causes me to lose my head.

Does anyone out there know what I am talking about ?

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Re: triggers

Posted by silentbattle - 28 Dec 2009 14:09

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I wonder...I know for myself, that although selichos is supposed to be a spiritually uplifting experience, I don't usually get as uplifted as I should. I usually just end up getting a bit more stressed out.

So, if your experience is that same, that would fit...if you're more spiritually in touch than I am (which probably, you are), then that's an interesting phenomenon. not sure how to explain it.

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Re: triggers

Posted by Eye.nonymous - 28 Dec 2009 14:58

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[ovadia wrote on 28 Dec 2009 13:15:](#)

I am interested to know if anyone can relate to the following "trigger". I have found in the past (and yesterday was nearly another example) that days which have more concentrated Ruchniyus (for loss of a better description) will cause me afterwards to ..... For example after days of Selichos, or after I have Yartzeit. As if, after I have been hyped up spiritually I am uncomfortable being at that level so I bring myself down again. Does this sound wierd ?

I grappled with that a lot. I'd feel like I was doing so great, and coming so much closer to Hashem. I felt like I was flying all day long.

Then, this feeling didn't last, and I'd feel REALLY down when it left; I'd almost fall.

So, for I a while I tried to knock myself down right away from these highs. I would davka try not to reach for this feeling.

We're I'm holding now is I try to HOVER a little bit. It's this inspirational feeling, but not too much. ANd as it comes and goes, I don't crash because of it.

I try to stay more-or-less even keel. I try not to get too high, and I try not to get too low.

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Re: triggers

Posted by bardichev - 28 Dec 2009 15:11

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Ovadia!!

You hit the nail on the head!!

As a person who struggles and tries to shteigg during special "ruchniyus"times .Yes its very common

People suffer terrible yeridos during these special times

As an aside this is why in certain places (certain chassidim I'm just pointing this out everyone should keep his minhag) would down play Elul (a bit). ELUL IS NISHT KAYN BER, IN DEE GANTZA YUR IS NISHT KAYN MAPPIL KIND!

Ok this will lose its flavor in English Elul is not a huge bear,amd the rest of the year is not a stillborn I.E.they sought to down play it a bit for this very reason.

I find my hardest struggles are during shovavim and sefira

Ovadia it is common

My eitzah is the best defense is. A good offense

KEEP

ON TRUCKING

GEVALDIGGGGGGGG

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Re: triggers  
Posted by silentbattle - 28 Dec 2009 15:19

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An interesting point, R' Bard...obviously, it has to be in balance, like you said.

By the way, by a bar mitzva recently, and they had Woodford there - i said, I'm going to have to take a drink for Bardy!

And I did.

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Re: triggers  
Posted by bardichev - 28 Dec 2009 16:24

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[silentbattle wrote on 28 Dec 2009 15:19:](#)

An interesting point, R' Bard...obviously, it has to be in balance, like you said.

By the way, by a bar mitzva recently, and they had Woodford there - i said, I'm going to have to take a drink for Bardy!

And I did.

Ichaim!! hic! thanks!

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Re: triggers  
Posted by Eye.nonymous - 29 Dec 2009 11:47

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How are you doing today, Ovadia?

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Re: triggers  
Posted by imtrying25 - 29 Dec 2009 12:14

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Ovadia how are ya doing?? A little bird told me that you were thinkin of coming to our get together but i guess it didnt work out. Too bad. :-\

The baalei mussar say that Kol hagadol meichaveyro yitzro gadol himenu, goes on time as well. When we are in a more spiritual time the yh gets much much stronger. So what your feeling is ( it was short but to the point )

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Re: triggers  
Posted by Kollel Guy - 29 Dec 2009 14:20

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[ovadia wrote on 28 Dec 2009 13:15:](#)

Thank you to all of you for yesterdays amazing experience. I left work yesterday feeling so positive and relieved. On my way home I did Chazara of the first tools of the GYE handbook and I also decided that the time has come for me to start working on changing my attitude, so I

just printed off the Attitude handbook. (Untill now I felt that I had to start cleaning out my system first).

I am interested to know if anyone can relate to the following "trigger". I have found in the past (and yesterday was nearly another example) that days which have more concentrated Ruchniyus (for loss of a better description) will cause me afterwards to ..... For example after days of Selichos, or after I have Yartzeit. As if, after I have been hyped up spiritually I am uncomfortable being at that level so I bring myself down again. Does this sound wierd ?

That used to happen to me all the time. I have developed all types of theories for why this happens, but in truth I just don't know the reason. But that doesn't stop me from benefiting from the knowledge, I know to be EXREMELY careful in the 24 hrs following a spiritual high. And this way I'm not thrown off guard.

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Re: triggers

Posted by jerusalemsexaddict - 29 Dec 2009 14:38

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[imtrying25 wrote on 29 Dec 2009 12:14:](#)

Ovadia how are ya doing?? A little bird told me that you were thinkin of coming to our get together but i guess it didnt work out. Too bad. :-\

I never got this.

Some people seem to have birds that deliver messages to them.

How do this work?

Is it only for some people?

Help!!

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Re: triggers

Posted by TrYiNg - 29 Dec 2009 14:57

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others have ducks..

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Re: triggers

Posted by jerusalemsexaddict - 29 Dec 2009 15:01

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Thanks for clarifying.

I feel much better now.

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Re: triggers

Posted by ovadia - 30 Dec 2009 14:07

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[Kollel Guy wrote on 29 Dec 2009 14:20:](#)

[ovadia wrote on 28 Dec 2009 13:15:](#)

I am interested to know if anyone can relate to the following "trigger". I have found in the past (and yesterday was nearly another example) that days which have more concentrated Ruchniyus (for loss of a better description) will cause me afterwards to ..... For example after days of Selichos, or after I have Yartzeit. As if, after I have been hyped up spiritually I am uncomfortable

being at that level so I bring myself down again. Does this sound wierd ?

That used to happen to me all the time.  
[imtrying25 wrote on 29 Dec 2009 12:14:](#)

So what your feeling is perfectly normal.

[bardichev wrote on 28 Dec 2009 15:11:](#)

Ovadia!!

You hit the nail on the head!!

[Eye.nonymous wrote on 28 Dec 2009 14:58:](#)

I grappled with that a lot.

Thank you everyone. I am truly amazed at discovering that what I thought was a personal Mishigus is actually a common experience. I think that this demonstrates once again the Koach of GYE.

This is my question. The acting out that occurs as a result of this spiritual conflict, is it to fill an emotional/ psychological need (i.e. addiction) or is it a spiritual YH? Or is one gorem the other?

I think that understanding this will help us learn how to deal with these situations.

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Re: triggers  
Posted by Eye.nonymous - 30 Dec 2009 14:21

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I think sometimes the yeitzer knocks us down.

And sometimes it PICKS US UP AND DROPS US.

One yeitzer is "oh, I'm so low."

One is, "Oh I just got so high and I lost it... I'll never get it again."

I think, either way, we're supposed to just try and not get depressed about it.

And if we do, we're likely to fall.

In a funny way, I think they're both really the same thing.

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Re: triggers

Posted by silentbattle - 30 Dec 2009 16:33

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I'm with you, Eye - the yetzer hora is more than happy to let us do a few mitzvos in trade for a lot of falling.

our job is not to listen to him, even when he poses as a tzaddik with a long beard, telling us to feel guilty and hopeless because of what we've done.

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