## **GYE - Guard Your Eyes**

Generated: 13 September, 2025, 20:14

When fantasy feels more real than reality Posted by lwtbf613 - 11 Feb 2019 08:07

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So baruch Hashem, I'm on my way to 90 days, 75 days today and really hopeful that I'll make it to 90 days. I wanted to share a struggle that I've had my whole life and one that is sort of rearing its ugly head right now.

I am a very emotional person, I used to get more so when I was young, but every once in a while, I get very depressed. I especially get depressed when I hear a song that really hits me.

I am a musical person and sometimes if I hear a song that gets to me, I can obsess over it for days. I recently heard a goyishe song that also happens to be kol isha and it's one of those "sad songs" songs. The horrible thing about it is that I am happily married with two wonderful kids, a decent job, and a lot of blessing in my life, but when I listen to that song, it makes me feel like I'm in the middle of a break-up or something. I wasn't always frum and I remember going through break-ups, they were horrible. Thank G-d, I don't need to dwell on that because things are going really well in my marriage. I just can't stand when the fantasy of a goyishe song, especially one that deals with love lost, romance, etc. starts to take over my life and feel more real than reality. Can anyone relate to this?

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Re: When fantasy feels more real than reality Posted by bego - 11 Feb 2019 14:34

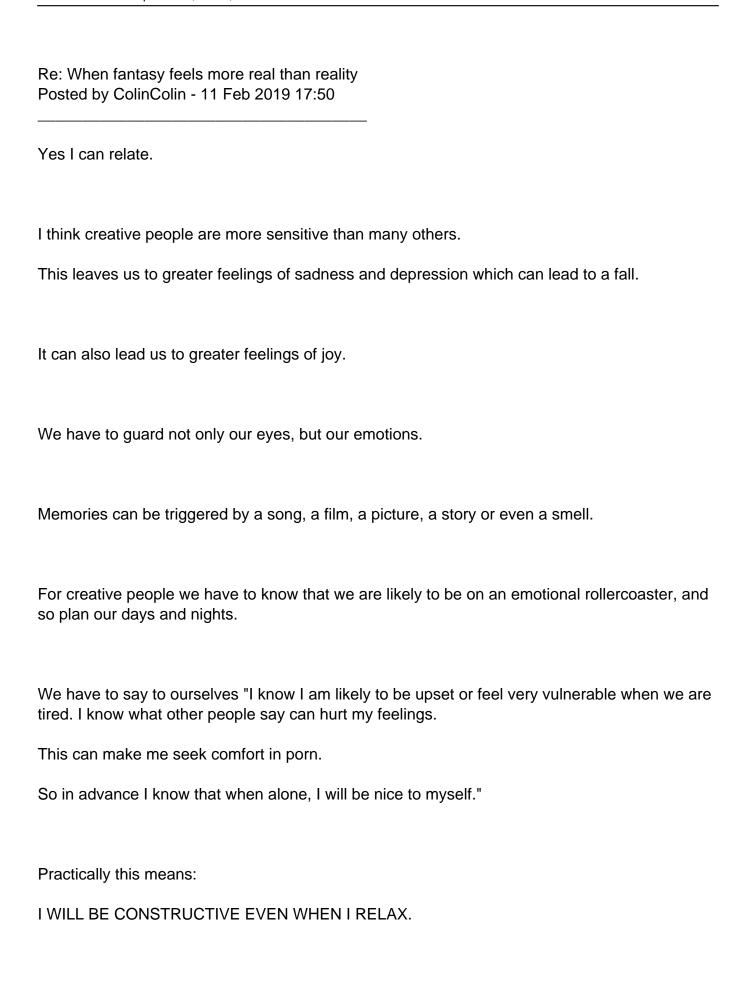
Totally.

Not going to detail which songs, but there are certain songs that (I heard when I was younger) and still change my mood if I hear them in a store or while travelling. I can jump from good to bad (rarely the other way round, though some songs do that). They tend to be slow melancholy ones or ones where I feel there is a meaning.

In terms of depressed, I have never been clinically diagnosed but I go through periods of total self-loathing and have been close to suicide a couple of times. B"H I have overcome these. I would agree that people like us are more prone to being affected by these types of things whereas your "left-brain" type person is more functional and just doesn't get as affected. I can wax lyrical about a book or piece of art whereas my wife just thinks it's "nice":-)

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## **GYE - Guard Your Eyes**Generated: 13 September, 2025, 20:14 I will read something uplifting. I will walk. I will cala friend, or visit a friend or family member. I will study. I will daven.

And I will do my best to go to bed when tired."