

Dear fellow anxiety sufferers

Posted by transforming - 28 Oct 2019 04:08

---

Dear fellow anxiety sufferers,

First some of my background: I am in my twenties, and I am blessed by HKB"H with a good life KA"H. I am completely Shomer Torah U'Mitzvos, have a job and live in a Frum community.

I have first become exposed to Shmutz five years ago. Without getting in to details, my very first exposure to Shmutz took place after I was gruesomely hurt (in a figurative sense) by an individual, who did not even intend to hurt me, yet did so unintentionally. That event led me to Shmutz, which eventually led me to five years of sporadic Shmutz consumption.

I joined GYE nine or ten months ago, and was encouraged to finally open my own forum by fellow member 360gye.

Now that I shared my basic background, let me share with you what I am looking for on this forum;

Over the course of the last few years, I easily detected specifically what triggers me to fall, and what causes me to stay afloat.

Ever since I was a young child I suffered from unreasonable anxiety. The smallest of life incidents terrified me from a young age. For example; I always lived and continue to live in utter fear that any of my immediate family members may die any moment unexpectedly, or may go broke and starve among other fears. Circumstantially, I have no reason to believe this whatsoever Baruch Hashem, yet I cannot get rid of these fears and dozens of similar fears.

Naturally, I have consciously and subconsciously tailored my day-to-day lifestyle to curb these fears, and thankfully, I do pretty well on days that I busy, and am well fed and well rested.

However, I cannot escape my anxiety at various times of the year, and upon various occurrences. For example, Yom Tov can be tense for several reasons, and my anxiety is always exacerbated around Yom Tov time. Similarly, I usually become particularly anxious days or sometimes even weeks before I travel.

Since I have been exposed to Shmutz, I have had some pretty long clean streaks, without falling whatsoever. I have gone as long as 7.5 months without falling whatsoever. The overwhelming majority of my falls was a result of my anxiety [only some of my falls were a result of loneliness and / or boredom]. When I would be in Yeshiva doing well and socializing with others, I would go months without falling, and shortly before Bein Hazemanim would begin, my anxiety would kick in, and I would fall, sometimes even three or four times a day. Then, I would continue to fall Bein Hazemanim due to the heightened anxiety throughout Bein Hazemanim, and then I would return to Yeshiva and be clean for months, until my next anxiety phase kicked in.

This pattern continues in my working life. When I go to work and succeed, I can go months without even urges to act out, yet as soon as life throws me a curveball, and I my anxiety kicks in, I fall.

While I have never been officially diagnosed with anxiety, I am confident [based on several factors] that I suffer from GAD (a form of anxiety).

So dear fellow anxiety sufferers; if you can relate to my nightmares, please help!!! I refuse to surrender to my Yetzer Hora, yet I need a hand...

Thank you, and can't wait to hear from you

=====  
=====

Re: Dear fellow anxiety sufferers  
Posted by Need a yeshua - 30 Oct 2019 03:10

---

Just a quick point. Medication doesn't treat the underlying issues. For that you get therapy. Medication helps the symptoms.

you mentioning the opioid epidemic and drug addiction. These drugs are not what are used for addiction at all. But like with therapy, you need a competent doctor to prescribe them.

I feel bad that you have the anxiety and most of the tips and suggestions won't work for you. I hope you find something that works for you. Good luck!

=====  
=====

Re: Dear fellow anxiety sufferers  
Posted by David26fr - 04 Nov 2019 09:05

---

Concerning mindfulness, you can see this link from ColinColin :  
[www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior](http://www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior)

As he said : in mindfulness, you treat the urge to fall as an external thought...

Concerning Rav Fanger, you can find shiurim translated in english at Hidabroot.com

=====  
=====