

Boredom Trigger

Posted by Sapy - 05 Jun 2023 22:53

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Hi does anyone relate to a strong boredom trigger, and lust filling the void?

I find it as a strong trigger and was wondering if/how you've been dealing with it.

Thank you brothers

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Re: Boredom Trigger

Posted by true\_self - 05 Jun 2023 23:10

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The best way to deal with boredom, is to get productive, think about things you always wanted

Reach out to a friend to schmooze a little.

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Re: Boredom Trigger

Posted by Foolie - 05 Jun 2023 23:20

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[Sapy wrote on 05 Jun 2023 22:53:](#)

Welcome to the united states of america!

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Thank you brothers

Read a book, find a topic you like and are interested in and buy a book and then when you finish that book buy another one

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Re: Boredom Trigger

Posted by ??? ????? ????? ??? - 05 Jun 2023 23:38

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[Sapy wrote on 05 Jun 2023 22:53:](#)

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Thank you brothers

I can totally relate to that. That is my biggest trigger!

I deal with it in two ways:

- I create a sense of accountability. I text two GYE chaverim.
- I try to avoid being bored (also distracted or procrastinating) in front of my computer. This usually happens at the end of a long day when I am emotionally exhausted and I just want to unwind. Find something else to do.

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Re: Boredom Trigger

Posted by Grant400 - 05 Jun 2023 23:52

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[Sapy wrote on 05 Jun 2023 22:53:](#)

Hi does anyone relate to a strong boredom trigger, and lust filling the void?

I find it as a strong trigger and was wondering if/how you've been dealing with it.

Thank you brothers

Boredom is my #1 trigger. It's like bam! I'm bored for 1 minute and my mind is like "Dude! Porn asap!"

Like Sheva Yipol wrote, I try to get busy when I get that feeling, and I have accountability from here and other places as well. Plus I use all the other methods I use always...

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Re: Boredom Trigger

Posted by willdoit - 06 Jun 2023 00:49

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At this point, Boredom is prob 90% the reason for my falling.. Thanks @sapy for bringing this up..

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Re: Boredom Trigger

Posted by Sapy - 06 Jun 2023 01:00

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Thanks guys,

@TS I think that is the question, what is it that I wanna do...

@Foolie, I actually thought about a book for some time, thanks for reminding me.

@Shavyipol my triggers come with me...

@Granty that the issue how do I become busy?

I'm wondering does anyone feel that it's not davka boredom per se; but a lack of meaning and emptiness in life? Or maybe a fear of feeling oneself fully without distractions to save myself?

on a similar idea, maybe the lack of finding passion, is about a fear of giving yourself fully to something, and letting something have so much meaning for you, when those things might come with challenge? Might not be sure, might one day loose their meaning?

Just sharing my thoughts.... Thanks guys

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Re: Boredom Trigger

Posted by Grant400 - 06 Jun 2023 01:12

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I can't advise you how to become busy. Everyone's life circumstances are different. I have things in my life I can become busy with usually, even if it's not pressing or urgent.

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Re: Boredom Trigger

Posted by No Mask - 06 Jun 2023 01:34

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In my experience boredom doesn't necessarily have to do with not having what to do

But still a conscious decision to do something I enjoy or connect with someone is a big help

But I think for myself I had to practice to be mindful to my boredom, and that void, and that it's not a real urge for p&m. and of course find the reason for the void, and try to fix it.

All the best

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Re: Boredom Trigger

Posted by i-man - 06 Jun 2023 14:45

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Boredom is definitely a strong trigger for me, especially if it's a substantial chunk of time, and/or when I'm alone. B'H that's not a common occurrence.

Theres always what to do and fill the time, however laziness is a factor as well as my yetzer horaah pushing me to be unproductive.

I do think part of it, is that feeling of not being productive that feeds into the feelings of inadequacy, which lead to falls.

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Re: Boredom Trigger

Posted by Sapy - 06 Jun 2023 20:55

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Thanks i-man (you should take out a trademark on your name, Apple will want it for their robot in few years...) and No Mask, (how did people call you covid times??) I relate strongly.

It is Interesting to me that many of us struggle with this, and wondering if the advice would be

"get busy", I would think that when something is so common with strugglers, it might show on an indication of something deeper. I did do a Google search on this, and saw it is something discussed, but haven't had time to understand it better.

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Re: Boredom Trigger

Posted by true\_self - 06 Jun 2023 21:17

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[Sapy wrote on 06 Jun 2023 20:55:](#)

Thanks i-man (you should take out a trademark on your name, Apple will want it for their robot in few years...) and No Mask, (how did people call you covid times??) I relate strongly.

It is Interesting to me that many of us struggle with this, and wondering if the advice would be "get busy", I would think that when something is so common with strugglers, it might show on an indication of something deeper. I did do a Google search on this, and saw it is something discussed, but haven't had time to understand it better.

In my opinion, (not that its true) the immediate response in a moment of feeling bored should be "get busy" proactive & productive.

However when looking to fix the issue from within, rather than covering it up, one should give a deeper dig into himself, to detect what causes it, personally I found that its a result of lack of, satisfaction, meaning in life, accomplishments, self-esteem etc., and too much, hanging around, free time, laziness etc.

I started to study something I always wanted to do, that I have passion for, and makes me feel more satisfied, and BH it helped me a lot.

May Hashem guide you to take the right steps.

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Re: Boredom Trigger

Posted by Sapy - 06 Jun 2023 23:29

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TS interesting point about being proactive in the moment, I usually like doing the opposite, sitting with the feeling when it comes up, and trying to listen what's it's telling me.

Last few days, I actually went to a beautiful park when I felt that way, nothing like being alone in

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Re: Boredom Trigger

Posted by true\_self - 07 Jun 2023 11:01

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There's no guidelines, and everyone needs to decide by himself what's best for them at the moment, it just rejuvenates me, and reconnects me with myself

Going to the park and being alone, is indeed a great idea, but only if you don't have internet access on you...

Thanks for listening and sharing.

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