

brain re-adjustment period

Posted by SilverGold - 16 Jun 2023 17:31

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Thankfully, It has been about 2 or 3 weeks since I last viewed inappropriate content.

Recently, I have been experiencing fatigue and decreased motivation in my day-to-day life. Just getting up and going to work in the morning has been challenging for me a lot recently. I suspect it might have to do with a "withdrawal" or "brain re-wiring" period in which the brain's neuro chemicals are resetting to healthy "default settings."

Has anyone else experienced this phenomenon? If so, How long can I expect it to last? Will I gradually start feeling better at some point.

Many Thanks in advance.

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Re: brain re-adjustment period

Posted by Grant400 - 16 Jun 2023 17:51

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[SilverGold wrote on 16 Jun 2023 17:31:](#)

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Hey,

Not speaking from knowledge or experience, but there is a concept called Anhedonia.

The brain gets used to constant dopamine highs from whatever is causing it, porn, drugs etc, which causes regular life to exist in greyscale and to be dull.

If this is the case, as long as you get through this withdrawal like you wrote, hopefully your brain will correct itself and you will regain the ability to function normally and enjoy "mundane" life which is much more beautiful.

Hatzlacha!

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Re: brain re-adjustment period  
Posted by paltibenlaish - 17 Jun 2023 19:29

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I so feel you, as this the main reason i couldnt win this until now. It reached extremes like "i want superpowers now!", because life is so boring... From what i could find on those symptoms, it can take between 6 months and 2 years for those crisis to disapear completly. Dont get discouraged, because it will not be one big crisis this whole period, but rather a couples of days in a row, then a good period, and then another and ect. Try to find your pattern for this. Personally i know it can knock me down (litterally, exsept sleeping there is nearly nothing i can do) for 2-3 days in a row. When i had a job i remember being so toxic to wake up and get there, but the daily tasks kind of distract you, even if you lag far behind because this condition. Besides the urge power, accepting that now is the time to do nothing (as king bumi said lol), and that is what hashem exsept from you now helps a lot . Because if you stress out about all yours unfinished tasks, stress lead to fall. Therse is, ironically the fear of suceed. "I am changing, my youth is passing away and i relinquish to act on it forever". Its because its smart. Smart means wise, wise means old, old means truth, truth mean authentic, and authentic means young. There is nothing to be afraid off. Die to be reborn (i talking about the urge, not self harm in any way), and rebecome who you trully are.

Dont give up my friend, just stall for time in any possible way. May hashem blessing be with you

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