

Depression or P&M addiction?

Posted by dreamyunicorn28 - 28 Oct 2024 14:02

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I just became aware of this trend and wanted to share...

My P&M used to be almost a daily thing with stretches lasting no longer than a week or two. After lots of therapy and healing I'm mostly out of it but I do fall right back into it when I become depressed. And my depression seems to be playing out on a schedule - like every two Months or so. And in general I see it's something completely linked to my moods. Is this true for everyone? Do people engage in P&M when otherwise feeling great?

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Re: Depression or P&M addiction?

Posted by eiyantov - 28 Oct 2024 16:13

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100%. It is used as a depression reliever, stress reliever, anxiety reliver. So on and so forth.

But you don't need to. Reach out, connect with the oilam here. If you feel brave reach out to HHM. You can, and will learn other ways to deal/cope instead of falling to P and M

Hatzlocha on your journey!

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Re: Depression or P&M addiction?

Posted by dreamyunicorn28 - 28 Oct 2024 17:05

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Who's HHM?

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Re: Depression or P&M addiction?

Posted by rebakiva - 28 Oct 2024 17:12

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[dreamyunicorn28 wrote on 28 Oct 2024 17:05:](#)

Who's HHM?

oh gosh, hes the mentor the honorary prime minister hashem help me,

email him at [michelgelner@gmail.com](mailto:michelgelner@gmail.com)

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Re: Depression or P&M addiction?

Posted by youknowwho - 28 Oct 2024 17:14

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[dreamyunicorn28 wrote on 28 Oct 2024 14:02:](#)

Do people engage in P&M when otherwise feeling great?

Welcome, Dreamy Unicorn!

Interesting question!

I think that for some people, the answer is yes.

I sometimes find myself struggling *even* when feeling great. This could be because my brain is already trained to be addicted to the chaos of a p&m "cycle of death and rebirth" (Dov has written about this, it basically means that an addict struggles with just *existing*, just *being*, without somehow numbing that state of existence)...or it can sometimes be a subconscious way of releasing stress AFTER I am already **consciously** feeling better. Sounds weird, but that is how it can sometimes be for me...figured I'd share that.

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Re: Depression or P&M addiction?

Posted by dreamyunicorn28 - 28 Oct 2024 17:19

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Is he a user on GYE?

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Re: Depression or P&M addiction?

Posted by dreamyunicorn28 - 28 Oct 2024 17:20

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Interesting stuff... I wonder

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Re: Depression or P&M addiction?

Posted by BenHashemBH - 28 Oct 2024 17:25

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Yes,

Username: HashemHelpMe

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Re: Depression or P&M addiction?

Posted by BenHashemBH - 28 Oct 2024 17:25

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[dreamyunicorn28 wrote on 28 Oct 2024 17:19:](#)

Is he a user on GYE?

Yes,

Username: HashemHelpMe

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Re: Depression or P&M addiction?

Posted by odyossefchai - 29 Oct 2024 00:26

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[dreamyunicorn28 wrote on 28 Oct 2024 17:05:](#)

Who's HHM?

He's a malach!!

That's who he is!

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Re: Depression or P&M addiction?

Posted by jewizard21 - 29 Oct 2024 04:22

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I would definitely get mood swings that I couldn't explain and sometimes didn't even realize unless someone else remarked on my mood. I BH now have been off porn and masturbation for enough time that these mood swings don't come as often. Things like stress are way more manageable than when I was using masturbation to regulate myself subconsciously.

Keep on Trucking, One Day At A Time!!

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Re: Depression or P&M addiction?

Posted by dreamyunicorn28 - 30 Oct 2024 16:00

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Acting out on those moods definitely make things worse but for me, I think, it starts with the mood, and if I don't take care of it right away I end up acting out. When I'm otherwise in a stable good mood I don't go to P&M...

Thanks for the Chizzuk

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