

Mood Swings vs Lust, like Chicken vs Egg

Posted by briut - 04 Mar 2010 21:22

I'm asking for your thoughts on how big swings in lusting might relate to big swings in MOODS.

I'm about to make a confession that's far more painful than discussing sexual issues. I was diagnosed a few years back with a "mood disorder" that takes both medication and a good amount of self-control to keep in check. For years, various docs would label my feelings as depression or anxiety, but a new perspective as a (minor?) mood disorder (something like a baby brother to manic-depression / bipolar disorder) has brought a new therapeutic approach and a lot of mental relief.

One huge question on my mind, though, is whether some of my sexual acting out is the RESULT of undiagnosed mood issues over the years, or whether my sexual acting out was a partial CAUSE of some of my mood swing grief.

In other words, THE CHICKEN AND EGG PROBLEM: which came first, the sexual compulsions or the mood/manic compulsions? And how does that affect how to address, manage, and reduce the sexual compulsions.

I KNOW I'm not alone in facing mood issues on top of sex issues. If you're out there, could you please come out of the closet and share some of your thoughts? And if you're NOT in that situation, could you offer your perspectives as an outsider?

How do mood disorders and sexual compulsions interact?

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Re: Mood Swings vs Lust, like Chicken vs Egg

Posted by briut - 12 May 2010 19:28

SASBT, not to worry. I gots me shrinks. I gots me farm-and-suiticals. I gots me tools for living. I'm not gonna be goin' crazy on you.

I just welcome to chance to come "out of the closet" with this mood thing, since our average frum community has SUCH a stigma on it.

[Tell someone you like p**n, and you might get a self-righteous snicker (or even a knowing smile). Tell them you've had cancer lo alenu, and you'll get sympathy until it's shidduchim time for your kids. But tell someone you've got a mood disorder going on, and only the meds keep it in check, and you've got them running for the exits. Maybe everywhere, but totally so in Frumville.]

So, I'm not worried about how to banish the beast, I've just been curious to explore which came first, the mood swing chicken or the lustaholic egg.

Thanks for your concern, though.

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by Yosef Hatzadik - 12 May 2010 19:34

Did you listen to the following short clip from Rabbi Reisman yet?

www.guardureyes.com/GUE/Music/mus/depressed.mp3

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by briut - 12 May 2010 19:58

[Yosef Hatzadik wrote on 12 May 2010 19:34:](#)

Did you listen to the following short clip from Rabbi Reisman yet?

www.guardureyes.com/GUE/Music/mus/depressed.mp3

Not yet. Lemme try for a place where I can plug in some 'phones and give it a shot. Thx.

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by yedidya aleph - 12 May 2010 20:46

Good luck with your mood swings! I am new to the forum but spending way too much time on it!!! There is an addictive feature to this behavior. Also, I must admit some of the posts are let's say stimulating also some are heartbreaking. Like the young bochurim and the story from the Mechanach who must remain totally anonymous and keep this thing a secret from his wife. I identify a lot with that. Also, the SSA topic.

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by briut - 13 May 2010 02:39

[yedidya aleph wrote on 12 May 2010 20:46:](#)

... the Mechanach who must remain totally anonymous and keep this thing a secret from his wife. I identify a lot with that. Also, the SSA topic.

Sounds like an exhausting combination to manage. And you wish me luck with MY mood swings? My guess is, you've been handling it all "pretty well" up 'til now, but you'll find even BETTER ways to keep going once you "get into" the work in this website.

Lemme know what else keeps you going. Maybe we'll find more common ground (whether on my up swings or my down ones...). I certainly wish you luck.

Kol tuv.

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by yedidya aleph - 13 May 2010 16:03

Thanks for the words of encouragement. I keep avoiding the work part of this program. The Duvichaim Chevra guys are moving forward with 4th step. I keep avoiding this. Not sure why. They have a really nifty worksheet which makes it look like a piece of cake! (excuse the pun, my other addiction is Compulsive Overeating) Between this candy and that candy ,I should really be a very sweet guy!!!

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Re: Mood Swings vs Lust, like Chicken vs Egg
Posted by DovInIsrael - 13 May 2010 20:14

hi -

I felt the same way during my first round with DC...

kept avoiding the sheets... actually kept avoiding facing myself...and my past.

the group moved on... I was stuck behind - on the Isle of Isolation

its a pretty lonely place to be!

take 10 minutes - and just do the sheets...

nothing to be afraid of!

dov in israel

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