

Very old question

Posted by Holy Yid - 08 Nov 2010 08:14

I am stilling falling. This happens when I feel down/depressed or what ever else you want to call it (maor shichorah will do also). I know there is a little gab of time between when I feel down and o start to fall.

I am looking for suggestions on how to change course when I feel the black light before I fall.

To add to the challenge I tend not to be very motivated at those moments.

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Re: Very old question

Posted by installed - 08 Nov 2010 12:50

To add to the challenge I tend not to be very motivated at those moments.

Yeah, I can definitely sympathize with that...

My record is not great lately but when I was taking this seriously, I would take a walk/jog with (loud) music. It was not a perfect solution but it definitely helped. I should get back to it myself ;-).

Best of luck!

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Re: Very old question

Posted by frumfiend - 08 Nov 2010 13:34

Join Dc next cruise its all about learning how to pause.

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Re: Very old question

Posted by ZemirosShabbos - 08 Nov 2010 15:32

my 2 cents, for what they are worth:

this is indeed a very old question and the gemara suggests some solutions. Im paga bach

) into the bais medrash. in the bais medrash you will find a few things. you will find **your friends**, with whom you can talk it over with. these things usually wilt away and die when exposed. you will also find a **community striving for true good**. this should effect you to some extent and the "asei tov" will push out the "ra". at the very least, it can serve as a **distraction**, get your mind off of it for a moment or two and give you a chance to take some emergency measures.

so in summary, you can reach out to a friend, try to distract yourself, and become part of a communal effort.

much hatzlacha,

zs

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menuval zeh mushchehu le bais hamedrash. when you get hit with urges drag him (and yourself

Re: Very old question

Posted by Yosef Hatzadik - 08 Nov 2010 23:40

[ZemirosShabbos wrote on 08 Nov 2010 15:32:](#)

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so in summary, you can reach out to a friend, try to distract yourself, and become part of a menuval zeh, mushchehu lebaish hamedrash. when you get hit with urges drag him (and yourself communal effort.

much hatzlacha,

zs

Not: Drag to learning; Drag him to the Beis Medrash! Besides for the mere(?) learning, there are other benefits from being in a Beis Medrash, as **ZemirosShabbos** so eloquently pointed out!!

GEVALDIGGGGG!!!!

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Re: Very old question

Posted by frumfiend - 09 Nov 2010 00:54

Thanks zmiros for pointing out the chuchma of yosefs reply.

tze nemt der heimeshe yidin tzu farshtien der inyan.

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Re: Very old question

Posted by Yosef Hatzadik - 09 Nov 2010 01:03

[Frumfiend The star wrote on 09 Nov 2010 00:54:](#)

Thanks zmiros for pointing out the chuchma of yosefs reply.

tze nemt der heimeshe yidin tzu farshtien der inyan.

;D :D ;D :D ;D :D ;D :D ; ;D :D

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Re: Very old question

Posted by ZemirosShabbos - 09 Nov 2010 04:48

that's a great diyuk (to bais hamedrash as opposed to learning), reb Yosef Hatzadik, i did not think of that... but it fits very nicely with what i wrote, thanks

i hope not to let you down ;D

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Re: Very old question

Posted by Eye.nonymous - 09 Nov 2010 06:43

[Holy Yid wrote on 08 Nov 2010 08:14:](#)

I am looking for suggestions on how to change course when I feel the black light before I fall.

THAT IS EXACTLY WHAT DC'S 12-STEP CALLS WILL HELP YOU DO! JOIN THE NEXT ROUND!

(It changed my life)

--Eye.

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Re: Very old question

Posted by Jooboy - 09 Nov 2010 13:24

My #1 tool in a situation like that is call another addict and tell him whats going on. IT WORKS!!!!

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Re: Very old question

Posted by Holy Yid - 10 Nov 2010 07:15

Thank you for your responses.

I think that I need more than just ideas, I need to change my whole approach to this this and that means changing myself.

I could try to reprogram my reaction with NLP or something like that. I wonder if anyone has tried it.

Making a commitment to call would be good. Although I do not have very many numbers at the moment. If people would I'm me numbers I would greatly appreciate it.

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