

Don't have strength for the struggle

Posted by BirkasHachamah - 06 Feb 2011 21:39

I find there is a direct correlation between my general mental happiness and how much strength I have to fight this fight. When I am generally feeling better about life then I have more capacity to put up a good fight with this addiction, but when I am feeling down (as I have been recently) I just don't have the strength. Part of me just doesn't have the strength, and part of me thinks I use this as an outlet for my frustrations. Any good advice on how to struggle even when you are generally feeling depressed and down? Thanks a lot.

=====

=====

Re: Don't have strength for the struggle

Posted by StrugglingGuy - 06 Feb 2011 22:02

first q is do u struggle with p, m, or both?

i think diff answers for each one

=====

=====

Re: Don't have strength for the struggle

Posted by 5770 - 07 Feb 2011 16:56

i use feeling 'down' (or angry) as my justification.

I have not found a solution to this except to say that if I am feeling down I allow myself to slip which makes falling a lot easier.

So especially guard the minor, tiny slips. The 'innocent' looks.... sneak peeks, news websites are all KILLERS. Keep your eyes from checking out the 'scenery' (my personal; favourite)

Sorry, i got nothing better to say except keep on top of the small aveyras.

=====

====

Re: Don't have strength for the struggle
Posted by DesertLion - 07 Feb 2011 21:24

Hey Birkas,

One of the reasons so many people become addicted to 'acting out' is bc it never gives you lasting fulfilment. The YH tricks you into believing that it will make you feel better and that you need and deserve it. The only thing it does is to make things a LOT worse in every way.

For me at least, for every situation in life you can look at it as either the glass is half-full or half-empty. Taking the half-full approach leaves you less prone to anger and resentment, which ultimately leads to slipping and self-medication.

Try not to be depressed in the first place by taking a positive approach to life, and not letting things make you angry. It isn't easy, but if you can accept that others won't change, but you can alter the way you respond, then you'll probably be a lot happier.

That's my 2 cents.

BW,

DL

=====
=====

Re: Don't have strength for the struggle
Posted by DesertLion - 07 Feb 2011 21:27

Also, it might help to keep yourself busy with work or a hobby when you are feeling low.

The devil makes work for idle hands! If you don't have the strength to hold out indefinitely then say to yourself, I won't act out for the next hour bc I'll be doing this instead which I like doing. At the end of that hour, hopefully the lust will have evaporated.

=====

Re: Don't have strength for the struggle
Posted by BirkasHachamah - 08 Feb 2011 01:56

Hey Struggling Guy,

I struggle with P. What are your thoughts?

=====

Re: Don't have strength for the struggle
Posted by StrugglingGuy - 09 Feb 2011 01:06

well i am in college and i get stressed out and tired everyday. then i justify p.

- make sure u have a filter. not always so simple.

- instead of hanging near a comp, lie down (if u dont struggle with m) and take a na

=====

Re: Don't have strength for the struggle
Posted by ToAdd - 09 Feb 2011 06:34

Hi Birkas

I'm in exactly the same boat as you

I found that when I get depressed, I turn to p. That's pretty common here.

What makes it worse is that p. makes the depression worse.

If only there were an easy way to just be happy.

Filters help - not just on a pc to filter out p. but also the concept of what we let into our head. We're surrounded by advertising that constantly tells us we need product x to be happy - it leaves us feeling empty and lacking.

I'm sure you'll find many things there that will help.

=====

Re: Don't have strength for the struggle
Posted by StrugglingGuy - 09 Feb 2011 17:32

instead id turning to p-- i dont think its a good idea for u to necess. be near a comp (that is unfiltered) -- but if thats what u find relaxing, watch some (clean) *tv* online or a (clean) *movie*. it is the same diara of stress relief as p. i think.

also you can watch sports highlights or music videos ...

=====