

Stress Management

Posted by geshertzarmeod - 27 Feb 2011 09:37

Im still learning my way around here so I don't know if this is the best way to pick the experts' brains, but tzaddik90 thought it was a good idea. So any complaints go to him! jk

In a different thread I dealt with and received tremendous feedback about hashkafa, which led me to realize that it wasn't so much wrong hashkafa that got me messed but bad coping habits. Now maybe I need a psychologist, but I figured I would let you guys have a try first. It is cheaper

I feel that even though GYE and the forum have been a tremendous help and I have so much more to gain from it, but its almost like Im counting the days until I have another fall. Im sorry for sounding sacrilegious. I know its important to celebrate the victories, but I feel that its also important to find the source of the problem and deal with it. Am I wrong?

For me, M is a knee jerk reaction to stress. Why?

More specifically, what can I do differently to reduce the stress? Im finding myself staying away from M, but not dealing with the stress. Instead I just fall into a depression.

I feel paralyzed, like I can't do anything which just makes things worse because there are things that can be done but I feel helpless. So I do nothing, which just causes more stress because I am even farther behind. It's a vicious cycle. Sometimes the stressor is not that big of a deal but I blow it out of proportion. Maybe I just need someone to hold my hand and walk me through it. I don't know.

So what are the positive proper ways to deal with stress? I know it sounds like a dumb question, but I obviously need to be taught how to deal with it properly. The hashkafa aspect is already registered. I know all the right answers but Lmaaseh, I need concrete ways to deal with it.

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Re: Stress Management

Posted by pinokio - 01 Mar 2011 15:12

Geshertzarmeod, i uh.... found your thread. I'd like to return it to you. It was under my seat on the bus and i saw your name on the bottom.

Please step in and enlighten all with your words of justice and despair

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Re: Stress Management

Posted by geshertzarmeod - 01 Mar 2011 15:46

Thank you Thank you

You know a funny thing happened to me on the way to GYE...

I got run over by an argument! ;D

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Re: Stress Management

Posted by geshertzarmeod - 01 Mar 2011 15:50

So Im not really sure if Im totally depressed and have given up, or if I actually came to realize that there is nothing that I can do to change the situation, so I gave it over to HKBH. I would love to believe the latter, but in all honesty its probably the former. I've given it over to HKBH b4, or at least I thought I did, and it didnt feel quite the same. What does it mean? dunno. But I find it hard to believe that I achieved the ideal without really working on it. So we gotta work on it.

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Re: Stress Management

Posted by geshertzarmeod - 01 Mar 2011 16:02

I think I just realized something....

I mean this is BIG

REALLY BIG

Dov and DovinIsrael are 2 different people!!

I have to go back now to all the threads that I've read and put everything back into perspective!

thanks

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Re: Stress Management

Posted by pinokio - 01 Mar 2011 16:05

ATTA BOY!!!

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Re: Stress Management

Posted by Dov - 01 Mar 2011 16:58

Dear "Tzaddik90",

How could I criticize anything you wrote that is your own experience? And why would I criticize anything you wrote anyway - cuz I think I see things just as you described them!

It's **great** to read that you had a shaychus to the great yid and tzaddik, R' Tzvi-Meyer! I only hope you have maintained some keshet with him still. We took an apt in EY for a week just so that I could daven with him for a week and spend a Shabbos with him three summers ago (Parshas Bolok). There is nothing like it and I am aching to go back to him soon, be"H.

The psychology thing with the chachomim over there was fascinating, and I must share with you that I had a shaychus with Rav Fischel E., zt"l, in the yeshivah you mentioned, once upon a time.

Hatzlocha with everything. Recovery opens the door as long as it is one day at a time and as long as we *never* see ourselves as having 'made it': Pischu li sha'arei tzedek - open the doors for me, the tzaddik says. For he always sees himself standing just *at the doorway* and asking to come in. He never '*arrives*'.

Once we have arrived, there is really nothing left to do but start telling everybody how wrong they are and how it needs to be done, rather than sharing and just *being*. That is the meaning

that I find in the program concept of 'once an addict always an addict' - though I do not like 'rules' and firmly believe that some people *might truly be* healed and outgrow their addiction completely - could be, I have no idea....but not me. I choose not to believe it for me as of today. I may change in the future if I believe that Hashem makes it clear to me that I am 'healed'. In the meantime I prefer to see myself as a sweet, lowly addict in recovery and I know that Hashem is very happy that I am sober today and thinking about Him and sanity most of the time rather than about shtuyot. My life is **totally** different than it was before sobriety - which took time and patience, and more time and patience. And I have no patience and am always out of time! Miracle again.

That, I believe is one reason I have been for a while, now, and am b"H sober so far today. I still desperately need Him, just as the newbie who just walked into his first meeting does.

I am *still* as powerless as ever over lust, and *that's* why I do not use it!

:-* !

More power to you, brother. And shwarma in Flatbush.

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Re: Stress Management

Posted by ZemirosShabbos - 01 Mar 2011 17:29

tzadik90, that was an awesome piece you put together, shkoyach

i draw two conclusions from it, please correct me if i'm wrong

1. the harmony of torah and psychology can be best perceived on Egged busses near Ramat Shlomo
2. stay away from walruses

now, please pass the shwarma

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Re: Stress Management

Posted by DovInIsrael - 01 Mar 2011 19:17

@gesher..

dov vs dov in israel

its easy..

DOV = Techno, psycho, mind boggling babble

Dov in Israel = Babbling mind bubbling boggly gook. (also usually signs off as Dov.ii to avoid confusion)

hope that helps.

(on the Tues call - tonight, we will be taking a closer look at DESPAIR... send me an email, dovinisrael@gmail.com, I'll send you the Babbling mind bubbling boggly gooky, material)

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Re: Stress Management

Posted by oblum - 01 Mar 2011 23:05

Guys, there are a lot of questions here, and I sense that some of them are earnest. But I'm beginning to feel a little bad for gesher cause we totally hijacked his tread. Hence, if any of you

would like to know why Psychology doesn't fit in with jewish hashkafas, Ill be happy to address that in a different thread.

I just want to bring up one on-topic point: ultimately, there is no more complete method in the world to be able to confidently answer the phone when creditors call with out even a hint of fear other than that of the CH. NO. MORE COMPLETE. WAY. (except for death, maybe)

a. dose anyone have something better?

b. considering that debt/emuna is NOT an addiction (yes you can get in to debt from bad habits/depression/addictions/etc. but debt ITSELF is not an addiction), why are you guys so against CH?

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Re: Stress Management

Posted by oblum - 01 Mar 2011 23:20

[David/Rage wrote on 01 Mar 2011 23:13:](#)

doesnt psychology mean the study of the mind and behavior?

Wikipedia feels that "Psychology is the **science** of mind and behavior" (emphasis mine). Subtle wording, but huge difference.

If you open a thread on the subject, I will attempt to convey my thoughts and feelings on the matter.

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Re: Stress Management

Posted by Yosef Hatzadik - 01 Mar 2011 23:32

I am just reading this thread now for the 1st time. Good thing I didn't see it when the action was hot, I don't know if I would have been able to avoid adding in my two cents....

I do have one issue which I haven't seen made by anyone yet:

We are not comparing apples to apples! If the "Mussar" approach were tried with the same zeal that we go about the 12 Steps maybe we would've found success??

- If we just sat back and perused the Mussar Seforim, did we expect it to change our lives?
- Did we try going to a Beis Hamussar as often as we go to the SA Rooms?
- Did we delve into Mussar Seforim with the same depth & reverence with which we dissect the wording of the Big Book & the 12 & 12?
- Did we have a Rebbe to whom we surrendered the way we do with a Sponsor in SA?
- Someone who's word was followed without 'filtering' it in our own minds first?
- Have we made a "Reaching out" phone call to a chavrusa when we felt triggered?
- Did we do a 4th Step style *cheshbon hanefesh*? A 9th Step Amends?

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Re: Stress Management

Posted by Yosef Hatzadik - 01 Mar 2011 23:49

I forgot to mention something!

If we find that Mussar didn't work, it is because we weren't 'willing' to allow it to work!

All we need is "a sincere desire to stop lusting"!!!

If we didn't stop, that is a *siman* that our desire is still not REALLY sincere..... ;D

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Re: Stress Management

Posted by Dov - 02 Mar 2011 00:23

One little man's feelings about these questions, in blue:

[Yosef Hatzadik wrote on 01 Mar 2011 23:32:](#)

If the "Mussar" approach were tried with the same zeal that we go about the 12 Steps maybe we would've found success?? Maybe - but is **zeal** what was always missing, or were we theoretically - not truly *personally* desperate?

- If we just sat back and perused the Mussar Seforim, did we expect it to change our lives?

We probably did, but it doesn't work that way for many people with *real* problems. If we had some real motivation, it might have helped us do the work to change.

- Did we try going to a Beis Hamussar as often as we go to the SA Rooms?

We did not. Maybe doing that *would* have worked for us.

- Did we delve into Mussar Seforim with the same depth & reverence with which we dissect the wording of the Big Book & the 12 & 12?

As I do not *dissect* any program literature as some people do, I do not have any idea about this

one. But of course I take *their* message more *seriously* than any nice-sounding droshos a contemporary scholar writes to teach dogma about addictions and recovery - unless that scholar actually know the pain of addiction themselves and admit that in detail and without shame. Thankfully, I know a few in SA already.

- Did we have a Rebbi to whom we surrendered the way we do with a Sponsor in SA?

As I do not *surrender* to my sponsor, I would not know. I trust him as I trust any chochom who has proven themselves to me, that's all. If he loses his sobriety or died, it would make no change in my own sobriety nor in my future. I'd miss him, though! Hashem can easily provide me with other addicts to share with and learn from - and BTW, the most important quality my sponsor has is that he is not *me*. His chochma from real experience is a close second.

- Someone who's word was followed without 'filtering' it in our own minds first?

Excuse me? I filter *everything* my sponsor says through my own goofy mind. He is a goofball - but often less of a goofball than I. If he tells me *he did so-and-so and it worked for him*, I try it! I do not care if you consider that 'filtering', or not.

- Have we made a "Reaching out" phone call to a chavrusa when we felt triggered?

You are so right, as many have not. Many are just too scared to come out of their isolation, at all. I love being able to do that cuz it is one of the best tools I have to surrender my right to use lust when I have it. That honesty and openness is what I am talking about when I suggest to people to consider using their real *first* names here on the forum.

- Did we do a 4th Step style *cheshbon hanefesh*? A 9th Step Amends?

No, so very *few* people really do that. And often those few that do, do it alone in secret based on a sefer or psychological checklist from a 'self-help' book. Ein chovush matir es atzmo...more silliness. And it does not cross their minds to actually share all of it with another (safe) person - so they never interface with another da'as and never discover the sad truth that they themselves do not believe a 10th of what they fastidiously wrote down! In the meantime, some of them are still splashing porn all over their brains and are so screwed up in the head with self-absorption *from the cheshbon hanefesh* that they do not know truth from 'madreigos'. They sincerely feel they did a very thorough job and then wonder why "the *steps* are such a waste of time!"

[/list]

I hope we make a real useful peace here. it seems like you are trying to and I thank you, Yosef Hatzadik.

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Re: Stress Management

Posted by Yosef Hatzadik - 02 Mar 2011 00:46

So, are you agreeing that we do not REALLY have to work the 12 Steps Program; We just have to WORK a Program!?!

If, instead of using the 12 Step Program & having guys like Dr. Rabbi Twersky tell us that it 'fits' with the Torah, we were to WORK the Mussar Approach we might attain the SAME level of Recovery which you are at? (Did you notice that I stressed WORK?)

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