

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 - 03 Mar 2011 16:20

Yosef! there are no opponents and no teams! please!

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Re: Stress Management

Posted by pinokio - 03 Mar 2011 16:21

I would like to thank Dov for the incredible post above. Thank you. And thank u zemmiros s for reminding me with ur post to be a mentch

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Re: Stress Management

Posted by Yosef Hatzadik - 03 Mar 2011 16:25

[tzaddik90 wrote on 03 Mar 2011 16:20:](#)

Yosef! there are no opponents and no teams! please!

Thank The Higher Power, there isn't!

You just reminded me of how I felt as kid when the popular boys were the captains choosing the teams. I was usually among those that are picked last when the captain are trying to choose the lesser of the evils. What do you think that did for my self esteem? Or my Stress Management? (We ARE in this thread after all. Remember?)

P.S. Can you imagine where I would be if **ME3** or **David/Rage** were the guys picking the teams?? :-[

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Re: Stress Management

Posted by Me3 - 03 Mar 2011 16:32

I've been lobbying Guard to make me and Rage the moderators here (for some reason he doesn't see (Rage insert picture here) eye to eye with me about that.

Funny cuz we agree on almost everything else (Guard stop laughing).

Maybe because he knows I'd edit Kedusha's posts and misspell half the words.

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Re: Stress Management

Posted by pinokio - 03 Mar 2011 16:39

funny man!!!

i wrote two posts and by accident clicked outa the field and both were lost to hades, maybe me3 IS moderating them?

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Re: Stress Management

Posted by Yosef Hatzadik - 03 Mar 2011 16:47

[Me3 wrote on 03 Mar 2011 16:32:](#)

I've been lobbying Guard to make me and Rage the moderators here

I feel your pain!

[Yosef Hatzadik wrote on 01 Mar 2011 18:08:](#)

;D

[Yosef Hatzadik wrote on 16 Aug 2010 22:19:](#)

I just came across the following in Guard's Pesicha at the Chanukas Habayis of the Bais Medrash section of the GYE Forum:[guardureyes wrote on 18 Jun 2009 06:54:](#)

I made them moderators because they already post a lot of great Torah thoughts. (Forgive me if I forgot anyone else who posts a lot of Torah)... Indeed, anyone who posts **a lot** on this forum will bl"n be upgraded to moderator of this board as well.

So I wonder, why isn't little me also a shamash in this holy place? Currently, I think, I am the biggest nudnik on that board.....

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Re: Stress Management
Posted by pinokio - 03 Mar 2011 16:50

Gesher,

i loved your post. you sound real well, even if the YH is ripping your eyes out with a nail scissor.

you do have emunah in you, and it inspired me.

My family, i will not specify who, too often have doubts abt parnassah and worries. I began to think one day that in light of all that Hshem has done for me, it is intelectually stupid to actally believe he would abandon me. Hshem always helps me and he helped me till now. pasuk says "hareyni Hshem chasdecha/loosely trans. as "god, show me the money!"-the chessed's always there, and we must believe, yet we are also entitled to ask to see where the chessed is.

The day aft. we met here i saw medrash in pir' direbbi elazar-Why did god give a double portion erev shabbos? let him rain the mun down on shabbos too, like regular?

The answer there-people thought that bec. hshem has shabbos, where he "rests" from melacha, it's really because Hshem doesnt have enuff power to run the world on shabbos, so mimaila he created this thing called shabbos to pretend as if there is no work on shabbos for a spiritualistic reason.

therefor, to thwart this way of thinking, Hshem gave a double portion on erev shabbos to show every one he has plenty of koach to sustain every single person, and shabbos is not because of his inability to provide. see radal there which will answer all eleven of your kashas on this medrash.

keep it up!

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Re: Stress Management

Posted by pinokio - 03 Mar 2011 16:53

Yoizel! by gad, you know the 88,900 posts here like the streets of naharda'ah! Are you and R avadia yosef really the same person...hey that'd explain where all the torah comes from....

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Re: Stress Management

Posted by Yosef Hatzadik - 03 Mar 2011 17:01

[David/Rage wrote on 03 Mar 2011 16:36:](#)

you mentioned chovas halevavos for stress ...) it made me realize that perhaps we all here are taking sa/12 steps waaaay too seriously (which is counter to the program, i think)...and we dont give enough weight to our good ole timin' mesorah....

Yesterday, a pal commented/complained/shared (take your pick) via Gchat about the RID he was having in his office. With this thread in mind (to be honest - also cuz I was not in the mood of a lengthy discussion) I advised him [half in jest] to learn a little Chovas Halvovos. Not just read it - LEARN it. *B'iyun rav*. The way DC chews the Big Book.

He went to Hebrewbooks.org & actually did so! Credit goes to you, **Reb O!!!**

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Re: Stress Management

Posted by Yosef Hatzadik - 03 Mar 2011 17:05

[tzaddik90 wrote on 03 Mar 2011 16:53:](#)

Yoize!! by gad, you know the 88,900 posts here like the streets of naharda'ah! Are you and R avadia yosef really the same person...hey that'd explain where all the torah comes from....

1) That is the title that Yoshke is commonly referred to with. I do not enjoy sharing his honor. (I know you will apologize..... Don't worry. I am not offended. I just wanted to stop it b4 it picks up steam)

2) I do not know all the posts. I did remember writing that myself, so I used the search feature.

The way I find the old threads to revive is by looking on the [Who's Online](#) page & seeing what

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Re: Stress Management

Posted by pinokio - 03 Mar 2011 17:11

Gesher

i have a violent and interesting story related to parnassah, so maybe rage will like it
(rage=violence?)

the "Guests" are looking at
I once heard a fight going on late night outside my window. Behind my pad is a lil' park. I told my wife "lady, you stay here, im going to check out the scene". She said "tzaddik90, please dont, be careful shriek....!" but i was already halfway down the stairs with a nice aluminum pole in my big hands.

I found two punks with knives, stabbing each other. I said "if you two dont stop this right now, i'll kill both of you and neither will win!".

Wow, THAT GOT THEIR ATTENTION REAL FAST

i said "whats this all about?"

punk one: "he stabbed my brother in the eye (not joking, this did happen) with a fork in school!"

Tzaddik to punk #2-"is this claim true?"

punk two-"yes, but its because his older bro, this punk #1, owes me money"

Tzaddik to punk one-"why do u owe punk #2 money?"

punk one-"because its extortion, and i dont like him"

tzaddik-"wow, mr. punk, that was over my head, you mean he owes you money bec. you dont like him?"

I'LL SKIP THE DETAILS, their claims became more confusing with each breath.

these two kids told me that when i leave they'll keep stabbing each other. one guy got cut in wrist. the other was all scratched up.

I said "IF I GIVE YOU THE MONEY HE OWES YOU WILL YOU SWEAR TO ME YOU'LL LEAVE HIM ALONE?"

YES" HE SAID.

SO I RAN TO MY PAD TOOK 400 SHEK, AND GAVE IT TO THE GUY. I SAID IF I EVEN HEAR HE BOTHERED THIS OTHER KID, I'LL MURDER HIM.

PUNK WENT AWAY.

I BROUGHT THE KID WITH SLASH UP TO MY PAD.

WE SHMOOZED. GREAT TIME TO PULL SOME KIRUV RECHOKIM SHTICK.

we became friendly.

anyhow, the connection to parnassah:

i came upstairs and my wife shrieked "you did WHAT? gave 400 shek?" she was suprised and upset.

i said don't worry, it was for a mitzvah, im sure Hshem will pay back.

And we checked the empty envelope i took the money from, and guess what? the same bills were still there.

it made no sense, mamesh a miracle. my wife started going mad, she couldnt believe it-she counted all money cheshbonos fifty times, and it just didnt make sense.

i told R' asher weiss, not a man that'll believe any story. He said "yeah, im not suprised at all".

i know these things only happened to Shlomo Carlebach's friends, but this one happened to me, o here it is.

Reb shlomo, where are you? oy

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Re: Stress Management

Posted by Dov - 03 Mar 2011 18:14

You know what all you guys' problem is? You wanna know?

You like eachother too %\$#@&!! much!!

Staying cool.... 8)

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Re: Stress Management

Love y'all, really
Posted by geshertzarmeod - 03 Mar 2011 18:35

Alls well that ends well. Glad to see that we all made up.

mamesh got emotional with all the mushy posts :'(

you guys are gr8

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Re: Stress Management

Posted by geshertzarmeod - 03 Mar 2011 18:53

Good point Rage. That was part of my cab conversation. I cant tell you the story that he told me. He asked me not to. But it inspired me to share the following vort.

When the malach told Avraham and Sarah about the baby to be born he told them I'll be back but acc'd to Rashi in sefer HaPardes he seemingly never came back. Where do we find that he returned?

Rashi says he came back by the Akeidah. He was the malach who stopped Avraham from killing Yitzchak ????? ?? ????? to fulfill his promise that Yitzchak will now live as he promised. Sometimes we see it right away and sometimes we dont see it until 37 years later. But Hashem hears and answers, according to His plan.

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