

I'm back

Posted by abd297 - 21 Aug 2017 01:38

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Hi GYE guys. Some of you may remember me. I haven't been on the site in well over a year. I wasn't ready to be on the site anymore. I went through periods of ups and downs. Some very low points. I strengthened my personal relationship with my rebbi and got some professional help. This was all since I stopped using the site. Now I'm done with yeshiva for good. I have a job and am planning to go to school soon. I chose to try out the site again, at least the forums, to have some extra social connection. I realize not all of the site's resources are for everyone but the forums are great. I hope to use this to strengthen my life.

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Re: I'm back

Posted by Gevura Shebyesod - 21 Aug 2017 03:17

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Re: I'm back

Posted by gibbor120 - 22 Aug 2017 21:42

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Welcome back!

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Re: I'm back

Posted by abd297 - 25 Aug 2017 02:15

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Hi Guys. Just checking in.

I recently got into "mindfulness". Not really into it just trying it out. My counselor, who is frum, told me to check it out a while back. Only really started now though.  
Welcome back!

I'm not married to it but I kinda like it. It's definitely calming. I know it's one of those new age things, but the principles are very Jewish.

Are any of you into it? What do you think ?

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Re: I'm back

Posted by bb0212 - 25 Aug 2017 05:03

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[abd297 wrote on 25 Aug 2017 02:15:](#)

Hi Guys. Just checking in.

I recently got into "mindfulness". Not really into it just trying it out. My counselor, who is frum, told me to check it out a while back. Only really started now though.

I'm not married to it but I kinda like it. It's definitely calming. I know it's one of those new age things, but the principles are very Jewish.

Are any of you into it? What do you think ?

Over the past two years, I've spent many hours learning about DBT. One of the main points in DBT is mindfulness. It's been very very helpful for me & even though I'm not currently in a DBT group, I think a lot of the DBT has been ingrained into my brain.

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Re: I'm back

Posted by abd297 - 25 Aug 2017 11:54

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Very interesting. I had to look up what DBT was. I see that it is a form of CBT. My counselor and I were using CBT for the most part. I understand how mindfulness can be a major part in these types of therapies.

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Re: I'm back

Posted by abd297 - 25 Aug 2017 22:33

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Good Shabbos guys. It really is great to be back among friends. Thanks

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Re: I'm back

Posted by bb0212 - 27 Aug 2017 16:15

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[abd297 wrote on 25 Aug 2017 11:54:](#)

Very interesting. I had to look up what DBT was. I see that it is a form of CBT. My counselor and I were using CBT for the most part. I understand how mindfulness can be a major part in these types of therapies.

I would say that CBT is more well known than DBT.

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Re: I'm back

Posted by abd297 - 27 Aug 2017 16:17

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Definitely true. I had to look up what DBT was because I had never heard of it. Seems like they are similar in principle though. Basically changing the way we think and feel then act.

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Re: I'm back

Posted by abd297 - 29 Aug 2017 16:45

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Hey guys. I've been having strong lust the past few days. I haven't watched porn or masturbated in over two weeks and have been feeling pretty good. The past few days have been tough though. I had a wet dream last week that definitely didn't help things. A lot of random triggers all around too. All that together with some stress and bad feelings and here I am. I feel confident that I won't fall in the very near future and I'm taking it by the hour.

I'm scared to fall because I'm a perfectionist. Once I fall, I'm going all out. Binges and more intense things. It'll probably last a week or two until the intensity wears off. That's the cycle I have gone through for years. And if I really don't care then, it may take more than a few weeks. Trying not to fall back into it.

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Re: I'm back  
Posted by Mesayin - 29 Aug 2017 16:57

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Keep it strong!

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Re: I'm back  
Posted by Markz - 29 Aug 2017 17:06

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[abd297 wrote on 29 Aug 2017 16:45:](#)

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I'm scared to fall because I'm a perfectionist. Once I fall, I'm going all out. Binges and more intense things. It'll probably last a week or two until the intensity wears off. That's the cycle I have gone through for years. And if I really don't care then, it may take more than a few weeks. Trying not to fall back into it.

Abd, I feel confident that you **will** fall in the near future (Im a non prophet org)

Unless you do something about it

Perhaps it doesn't bother you too much if your life is on a spiral?

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Re: I'm back

Posted by abd297 - 29 Aug 2017 17:37

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I'm glad you said that. Let me clarify. I only said the "spiral" as an acknowledgment of what can happen. Not what I am in right now unless I give up. I'm not about to do that. I am taking it hour by hour because I have stopped trying to see the future. I am in a decent place now. I am working, learning, and trying to enjoy my life in the moment. I am active in my fight against lust. I just needed to speak my mind about how I feel today.

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Re: I'm back

Posted by bb0212 - 30 Aug 2017 04:13

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[abd297 wrote on 29 Aug 2017 17:37:](#)

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Dunno why I never thought of this before. When we're in school, every so often there's a fire drill. We all practice adhering to a specific plan should there ever be a fire. Some families may have a similar plan at home. When we fall, there's an inferno, especially if we'd completely let loose for a week, or a month.. What if we make a plan. A fire drill, for when (if) we fall. Would that help stop a truck stuck in downward spiral?

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Re: I'm back

Posted by abd297 - 30 Aug 2017 11:42

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That's an excellent question. If we would just ask ourselves that, many of us might have an easier time after a fall. That's obviously only if he planned correctly. I think the reason why I never did this is because I almost wanted to fall. I would get closer and closer to falling without actually doing anything so when I would be in a situation where something really came up it would almost be a relief. I can finally have what I wanted and not feel so guilty about it. That's the mind game that I have played many times. Without this game going on, a proper plan before a fall would be very beneficial.

Thanks for the insight.

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