

bipolar/mz"l

Posted by BipolarMe - 13 Apr 2018 13:00

Hi everyone, I'm in my 20s, Male, single.

I have either mild-to-moderate bipolar (as a psychiatrist claimed) or extreme mood swings. Been on tonnes of medications of which none worked.

I also suffer from:

Social anxiety, ADHD, ODD

I've previously suffered immensely from panic attacks (for around 10yrs of which the first few years were crazy which ruined years of my life (from a human point of view - obviously from G-D's point of view it was all for the best)).

I'm seeing an amazing therapist who successfully helped me overcome the panic attacks and is trying to help me overcome my lifelong social anxiety.

When I told him I was watching p*rn, he helped me stop (basically I had managed to uninstall the filter and was too afraid to tell anyone besides him (and even then it took a few months to work up the courage during which I became more and more addicted to p*rn) but he helped me get around that fear of telling someone and get the filter reinstalled and have someone else have the password) but he told me that seeing as I have social anxiety and therefore crave connecting with people which is very hard to fulfill due to the social anxiety, therefore it is possible I became addicted to p*rn as the content is considered like people connecting, is there any truth in that?

I haven't admitted to him that I have been doing hz"l for 2yrs but i have spoke to him alot about addictions in general and with his help I've been able to reduce the frequency and then stop hz"l except in the following scenario:

If I'm in a negative bipolar mood swing (which coincidentally hypersexual feelings are a common symptom) I can't control myself and stop myself. It is easier to control myself for a week if I don't have a negative mood swing than it is for even 20mins of a negative mood swings+hypersexual feelings. I don't think I'm addicted to hz"l as it seems if I would only have none negative mood swings I would be able to stop completely.

During a negative mood swing my mind turns on a "I don't care" attitude. Therefore if I try tapschic I will just be oiver on the shvuah.

what is the best method to help me stop for my particular circumstances seeing as i dont think this I'm addicted? (current frequency is approx once a week - down from upto 4 times a day)

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Re: bipolar/mz"l

Posted by yitzchokm - 26 Mar 2024 20:24

It takes up a significant portion of my day. I am unemployed and I live with my parents and they don't have access to my computer. I would suggest that you at least incorporate Connection, Urge Surfing and SOBER. Once you are good at Urge Surfing and SOBER you can do them without the recording whenever you have free time and you aren't driving. SOBER can be effective even if done for only 3 minutes, as long as you are completely focused and free from distractions. You can also do it in bed before falling asleep. I also highly suggest that you journal the way I posted on December 31st when you have severe anxiety. You would anyway be forced to pause and tend to your health and this type of journaling was my most effective and quickest method for avoiding a panic attack. You can overwrite it and delete it if it is on the computer or shred it if it is on paper a short time after journaling and it will still have the same effect. If you have additional time you can incorporate exercise. Even half an hour once a week or 10 minutes 5 times a week can help a lot. Someone who is employed and has a family probably won't have the time to journal regularly and they may not have privacy. There are many people posting on the forum but I don't know how they find the time for it.

Thank you for the blessing. V'chein l'mar.

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Re: bipolar/mz"l

Posted by Shmuu - 26 Mar 2024 22:40

Amein. Thank you. Connection, urge surfing and SOBER. I hope to look into these 3. Currently I don't know what they are. Interestingly, last June I wrote a few posts on this platform. Starting around June 14th Hashem blessed me with at least 60 days of kedusha. It felt like it could have gone on forever. The most pleasant part about these 60+ days I remember being this

wholesome feeling. These 60+ days were unique in that the urge to act out was also taken away, I felt additional Yiras Shamayim and I experienced good mental health. I remember listening to Rabbi Yarons 3 "movies" frequently during these 60+days while I did long distance driving. The movies were tikun habrit, gehenim, and Hashem took back his millions. I try to retrace my steps so that I could experience this again but it doesn't seem to work. Perhaps someone was davening for me back then. Perhaps it was someone on this platform. I don't really know. Although the approach used seemed to be very time consuming, it fit into my lifestyle perfectly. I would listen to the 90 minute audio of his 3 movies frequently while I drove. Currently I'm unemployed so I suppose I have the time to try a different approach. So the connection, urge surfing and SOBER is something I will look into bli neder. Thank you again for responding.

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Re: bipolar/mz"l

Posted by yitzchokm - 26 Mar 2024 23:54

Connection means reaching out to someone on GYE or elsewhere or to join a group of people, and talk or socialize, and Urge Surfing and SOBER are mindfulness exercises that you can redeem by pressing on the gold coins on the top right-hand side of your screen in GYE.

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Re: bipolar/mz"l

Posted by Shmuu - 27 Mar 2024 04:02

How do I get gold coins?

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Re: bipolar/mz"l

Posted by yitzchokm - 27 Mar 2024 04:22

[Shmuu wrote on 27 Mar 2024 04:02:](#)

How do I get gold coins?

By updating the daily progress chart on the dashboard and by doing the Flight to Freedom program. If you do both of them consistently you will get enough coins to purchase the Urge Surfing and SOBER recordings pretty fast. It seems that you haven't done the Flight to Freedom program. I suggest that you do it. I couldn't have broken free without it. It is also worth regularly reading The Battle of the Generation which will give you the strength to win. Here is the link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

I didn't write this in my previous post but I regularly read the book, and I was reading my list of cues and appropriate responses twice a week and updating it once a week when I had s***** struggles.

It usually requires a comprehensive strategy that is acquired over time in order to break free and it isn't usually a quick fix. Give it everything you have and you will eventually succeed. Keep on posting and sharing and keep on trucking.

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Re: bipolar/mz"l

Posted by Shmuu - 27 Mar 2024 15:55

Thank you. Updating the daily progress chart daily sounds easy enough. I tried starting the flight to freedom program this morning. I see that it requires watching a video. I'm not in a position to watch a video right now. Hopefully later. But knowing how these things go it's always best to do things right away and not postpone it to later. Am I correct that it requires watching a video? Or is there another way to do it.

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Re: bipolar/mz"l

Posted by Shmuu - 27 Mar 2024 16:08

I was thinking...regarding privacy: So I'll try to keep things private. But if it should become revealed, it's probably better for me to get "caught" doing tshuva (on this platform), then to be caught in the garbage. As a bachur, getting caught doing tshuva has another advantage. The humiliation probably could serve as part of the capara and might even increase siyata dishmaya. But I'm not sure if Daas Torah would agree. Perhaps my logic would apply by a married person too. However, in both cases as heroic it may be to get this capara, in both cases it also causes that to others as well, so that's what my safeik is. Practically it makes a nafka

mina because if the expectation is that I must keep it 100% private than perhaps I should explore a different avenue for tshuva. I'm just reflecting some of my thoughts. If you happen to have some clarity on this that would be great.

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Re: bipolar/mz"l

Posted by yitzchokm - 27 Mar 2024 16:31

The Flight to Freedom program is all videos. You don't have to finish them all at once. It is much better to do them slowly and internalize every word. The goal is internal change. Also, don't skip any of the exercises as they are all necessary in order to heal.

From other people's posts it seems that for some people it was beneficial that their wives knew about their struggles while for others it was a bad idea. Psychologists also differ over whether it is better to tell your wife or not. I think it is harmful for your children to find out.

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Re: bipolar/mz"l

Posted by Hashem Help Me - 28 Mar 2024 11:24

There are many guys on GYE who have shared that connecting with real people here, as well as focusing on getting clean in healthy proven ways, have had significant positive effects - specifically in reduction of psychiatric/psychological issues. Obviously, one should remain under the guidance of a doctor and not experiment with changing doses of medication, but the general increase in feelings of positive self-worth can be most beneficial. As yitzchokm wrote, fellows join GYE for sexual challenges, but find that their whole life changes. Menuchas HaNefesh, confidence, etc. Hatzlocha!

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Re: bipolar/mz"l

Posted by Shmuu - 29 Mar 2024 05:56

Amein. Thank you for replying. I'm still relatively new at reading these messages but I believe you are replying to something I wrote. Thank you for taking time to reply. Hatzlacha to you too.

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