

Yearning for Serenity

Posted by Rebuild613 - 09 Nov 2020 14:55

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Re: Yearning for Serenity

Posted by Rebuild613 - 14 Dec 2020 17:45

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Re: Yearning for Serenity

Posted by Grant400 - 14 Dec 2020 17:57

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[Rebuild613 wrote on 14 Dec 2020 17:45:](#)

Hi Grant

I find this struggle to have 2 aspects, having the urge and do not pay attention to it and continue with our lives etc. that is not so far of an issue as of the other aspect that when I am down it emerges with force and hijacks my brain. Now causes to get depressed are unfortunately many.

Any thoughts on this one?

What can I say? That is very normal. You can see that all over this forum. When we are down/stressed/angry etc. we want to feel good and additionally we almost feel entitled to the enjoyment we can get. (At least that's the way I feel). We have less of a fight in us. (ColinColin posts about it constantly).

But at the end of the day, as long as we realize this we can be prepared for it. We can deal with the urges the same as always. Yes, its harder but nothing changed. The better we fight and the faster we accept the fact that we are still not giving in, the faster the urges/ obsession caused by them will dissipate. At least that's my personal experience.

So instead of getting frustrated and feeling overwhelmed, just continue doing what you're doing and hopefully you're feelings will slowly go away.

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Re: Yearning for Serenity

Posted by YeshivaGuy - 14 Dec 2020 18:06

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I agree with @grant400.

Though it's important to look for things to make one happier. Obviously, as you've mentioned in the past, you have many many reasons to be unhappy. We must now find reason for you to BE happy.

Ill also suggest, though take it with a grain of salt since I lmaaseh don't know you, that if you are experiencing particularly dark feelings of depression, seeing a psychiatrist may help immensely.

Just a daily pill can make a big difference (and b'chlall, certain forms of trauma (of which you've mentioned) greatly increases the probability of developing true clinical depression.

Its Gehenom. But it can be dealt with.

Again, only if that's something you are experiencing.

Also as far as the SSA is concerned, there are individuals here on the site who may be able to help.

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Re: Yearning for Serenity

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Posted by excellence - 14 Dec 2020 18:10

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[YeshivaGuy wrote on 14 Dec 2020 18:06:](#)

Also as far as the SSA is concerned, there are individuals here on the site who may be able to help.

There is a special thread that deals with ssa. Have you checked there?

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Re: Yearning for Serenity

Posted by Rebuild613 - 14 Dec 2020 18:37

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Re: Yearning for Serenity

Posted by Rebuild613 - 14 Dec 2020 18:45

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Re: Yearning for Serenity

Posted by Rebuild613 - 14 Dec 2020 18:54

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I think it's how Grant explained, the way to deal with it is basically the same, some get triggered by this and some get triggered by something else.

Did i understood correctly?

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Re: Yearning for Serenity

Posted by excellence - 14 Dec 2020 21:59

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[Rebuild613 wrote on 14 Dec 2020 18:37:](#)

[excellence wrote on 14 Dec 2020 18:10:](#)

There is a special thread that deals with ssa. Have you checked there?

That thread went to sleep along time ago for some reason

You can't revive it by posting there?!

[guardyoureyes.com/forum/43-SSA-Forum](http://guardyoureyes.com/forum/43-SSA-Forum)

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Re: Yearning for Serenity

Posted by YeshivaGuy - 15 Dec 2020 06:35

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[Rebuild613 wrote on 14 Dec 2020 18:45:](#)

I think it's how Grant explained, the way to deal with it is basically the same, some get triggered by this and some get triggered by something else.

Either way, keep us posted dear friend! We need you to help keep us going!

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Re: Yearning for Serenity

Posted by Rebuild613 - 15 Dec 2020 09:55

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Re: Yearning for Serenity

Posted by Markz - 17 Dec 2020 01:52

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[Rebuild613 wrote on 29 Nov 2020 07:48:](#)

I agree, Markz is the best!!

G-D bless you

From the depth of my heart.

I also agree. You too!

Here's PART 2.

Check out these guys / threads, so you can learn how to weave yourself a new coat!

Lomed <https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/309512>

Genug Gevein <https://guardyoureyes.com/forum/19-Introduce-Yourself/217795>

Keep Climbing <https://guardyoureyes.com/forum/17-Balei-Battims-Forum/251414>

Cryingforrecovery <https://guardyoureyes.com/forum/19-Introduce-Yourself/340963>

Lomed is still around - you can connect with him - I'm not sure about the others.

Disclaimer. Trigger warning on those threads, although I believe they can be helpful for the pre-demolished among us.

**Warning: Spoiler!**

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Re: Yearning for Serenity  
Posted by YeshivaGuy - 18 Dec 2020 04:48

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Feelin good?

A Gutten Zoys Chanuka!

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Re: Yearning for Serenity

Posted by 90dys - 18 Dec 2020 05:42

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Rebuild613, you are my savior (assuming you are the former "demolished"),

?I am bli ayin hara the father of a large family and had a painful secret for many many years. But somehow on a particularly "down day" in October - I signed up on GYE....**and I was "matched" with you!** Such hashgacha!

You may recall that you gave me the first chizuk I ever recieved (I had never told a soul), you referred me to HHM...and I now BH have a completely new lease on life. And as a community leader, the influence that those initial 15 minutes now have on so many people (those that I can now truly help) is beyond my imagination.

Your story is indescribably painful and I cry in pain that you should only see sunny and beautiful days from here on.

You are mamash my hero.Thank you, thank you, thank you!

90dys

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Re: Yearning for Serenity

Posted by Rebuild613 - 20 Dec 2020 21:00

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