

Hey normal people

Posted by Killjoy - 12 Nov 2018 03:31

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Lately as I've been reading through the forums I realized that many people identify themselves as "not normal", well I don't know 'bout you guys but I feel **COMPLETELY** normal. So I made some mistakes, that doesn't define who I am. Now you could argue that I'm not equipped to understand the turmoil that people feel. Well, maybe, but this is my theory: if I can't feel normal, how can I act normal?

would love to hear your thoughts.

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Re: Hey normal people

Posted by ??? ??? - 12 Nov 2018 06:16

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Gotta think about it. But one quick question . It seems like you're name should be kill depression not killjoy!

**Warning: Spoiler!**

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Re: Hey normal people  
Posted by bego - 12 Nov 2018 10:13

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[Killjoy wrote on 12 Nov 2018 03:31:](#)

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would love to hear your thoughts.

I might get shot down for this, but I think we are not normal because we stand out as people who stop to work on themselves!... I look around and realise that you are right, everyone has their issues and this is mine (normal so far) but I don't know of any websites dedicated to frum jews not driving the excess Gashmius of our kehillos. I don't see people bemoaning their lapses in Loshon Hora or Choshen Mishpot or many other areas. So, if we, as a group, are making an effort, then no, we are not normal.

(I realise that I might well get shot down by people who will argue that everyone is working on themselves and I shouldn't judge others, but I was careful in what I said - I am referring to websites and large groups dedicated to improving. Ironically, the one we do have in common that springs to mind are groups of women dedicated to Tznius. Something rather deep about that I would suggest).

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Re: Hey normal people  
Posted by mzl - 12 Nov 2018 11:26

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[Killjoy wrote on 12 Nov 2018 03:31:](#)

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would love to hear your thoughts.

Finally somebody wondering out loud about something on this forum. So refreshing.

I think you said that you feel normal. That's a fact. You have a right to your feelings. As for me, I feel

abnormal in some areas.

With regard to the question you wrote, I would answer that if one has a disease one can counteract that disease with medicines, activities, thoughts and behaviors etc. Those are all abnormal actions, and the goal is to be more normal (counteract the disease.)

With regard to mistakes not defining who I am, I would agree in most cases but again I would say that people who think they have a disease may choose to define themselves by the disease (and the healing) because the disease is constant and relentless and only ego can generate enough motivation to take the medicine all day long.

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Re: Hey normal people

Posted by cordnoy - 12 Nov 2018 12:43

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[Killjoy wrote on 12 Nov 2018 03:31:](#)

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Basically agree.

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Re: Hey normal people

Posted by Hashem Help Me - 13 Nov 2018 02:04

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Your point is very well taken. I think there is a deeper point as well. When one views himself as normal, just with an issue that needs to be rectified, one has a greater chance of getting better. However, when one views themselves as abnormal, they feel a deep sense of yi'ush, they "can't get better" because they are defined by their "problem". I would venture to say that many many people who are just starting out feel abnormal (I definitely viewed myself as a rasha/loser). However those who join GYE and hang around for a while, definitely start feeling "normal". They realize that many good fine frum people struggle with the same thing. Secondly, they meet real live people who were "there" and got out, and start believing and hoping that they can too.

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Re: Hey normal people

Posted by Killjoy - 15 Nov 2018 01:40

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I hear your opinion and totally respect it. But I just feel that some people give too much credit to there desires. Nowadays it always seems that we label people: he's an addict he's depressed etc. In my humble opinion if we were to stop labeling ourselves we could realize that we are people who deserve happiness just like everyone else. By labeling I feel we're giving more power to our desires. Again that's just my feelings.

would love to hear back. Thank you!

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Re: Hey normal people

Posted by mzl - 15 Nov 2018 01:45

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[Killjoy wrote on 15 Nov 2018 01:40:](#)

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etc. In my humble opinion if we were to stop labeling ourselves we could realize that we are people who deserve happiness just like everyone else. By labeling I feel we're giving more power to our desires. Again that's just my feelings.

would love to hear back. Thank you!

Some labels are dead on though. What really matters is being objective. That will give the best results at the end of the day.

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Re: Hey normal people

Posted by Killjoy - 15 Nov 2018 13:47

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[??? ??? wrote on 12 Nov 2018 06:16:](#)

Gotta think about it. But one quick question . It seems like you're name should be kill depression not killjoy!

**Warning: Spoiler!**

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Re: Hey normal people  
Posted by Killjoy - 15 Nov 2018 13:50

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[??? ??? wrote on 12 Nov 2018 06:16:](#)

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**Warning: Spoiler!**

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Re: Hey normal people  
Posted by Killjoy - 15 Nov 2018 13:53

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Lol! Guess I just have an ironic sense of humor

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Re: Hey normal people

Posted by Killjoy - 15 Nov 2018 13:55

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[??? ??? wrote on 12 Nov 2018 06:16:](#)

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...Lol! Guess I just have an ironic sense of humor

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Re: Hey normal people

Posted by Killjoy - 18 Nov 2018 02:10

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Kay guys, really appreciated your insight! I just wanted to expound on my view. When a person feels he is "not normal" the effects can be devastating. Think of it this way, if you magnify a problem it becomes a **bigger** problem, which in turn leads to despair, which leads to a bigger problem etc. The chasidim are big on "yiush" stressing that it is worse than the actual sin, and you gotta admit, their onto something.

There is another point in all this as well. When a person views himself or his urges abnormal, he is waging war, so to speak, on his desires. Now I'll admit I haven't been clean very long, but I can tell you that from my personal experience this **just doesn't work**. Now I'm not saying that you should live in denial. If you have a problem admit it, but also accept the fact that you're a normal person with desires and demons like many others. Many might call this "acceptance" or "forgiving oneself", either way it's a good first step. After realizing that this "addiction" or "habit"- depending on what you believe or who you are- is **not** you, and **it's just one of your many manly (or womanly) urges** you can try to substitute other pursuits. Music works for me. More on that a different time as that's a topic onto itself.

anyways you know the drill.

cheers!!

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Re: Hey normal people

Posted by ?????? ?????? - 24 Feb 2023 15:46

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I kind of agree, because it is natural to want to see beautiful naked women, it is easy to access, and many people are exposed to porn before they have an appropriate sexual outlet. I think a positive approach is better- yes it's normal, but it's not what we want.

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Re: Hey normal people

Posted by ?????? ?????? - 24 Feb 2023 15:50

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A bocher was crying to his menahel about masturbation- its so hard not to, and he feels so guilty etc., and the menahel pointed to the gedolim pictures on the walls, and said you see rebbe ploni? He also masterbated! And you see rebbe ploni? So did he!



It doesn't make it ok, but it puts you in good company and gives hope that we are not limited by it forever.

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