

A potential antidote

Posted by bear - 14 Jan 2019 01:06

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For myself, and I would guess for many of us, depressing thoughts and moods have made us very vulnerable to falls. When sad thoughts fill our minds we have found inappropriate videos as an escape.

I am coming back from a period of falls. But before my falls I was doing very well. I believe a major factor that helped me was I worked on having a more positive outlook and happier life over the summer. When I am in a good mood, its not just that it is easier to fight, rather I am too busy living life to even enter the fight.

Unfortunately I have not kept up with my summer project, I let sad moods and bad habits enter my life, and now find myself needing to build back up.

I have found Rabbi Zelig Pliskin's book "Gateway to Happiness" (I believe he released a free condensed pdf of the book online), as well as a free online psychology course "The Science of Happiness"([www.edx.org/course/the-science-of-happiness-0](http://www.edx.org/course/the-science-of-happiness-0)) to be very helpful.

Making sure to be happy with what we have, not looking over our shoulder at what others have, making times for friends and family, living a productive life, etc. makes us so much happier and makes the fight easier.

(I guess feelings of boredom and sadness, are really a sign to get our lives back in order. But when we "medicate these feelings with porn, our lives tumble more out of control, which leads us to consume more porn, which leads our lives to tumble more out of control....and the cycle goes on and on.

But recognizing these feelings as reminders to improve, thereby facing the uncomfortable emotions and fixing our lives, will lower the negative feelings, reduce our urges, and maximize on our lives.)

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Re: A potential antidote

Posted by Dave M - 14 Jan 2019 14:30

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Great post! I myself find that my moods has a strong correlations to my falls and successes.  
Thanks for your suggestions and Hazlacha in staying "clean"

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