

Stress and frustrationsPosted by supremeone - 12 Aug 2022 14:56

Well It has been a while, quite the year. This is day one where we start again and also put out how what we are thinking.

I obviously still struggle with pornography and masturbation, I have identified I have been using it as a coping mechanism for stress, mental and physical.

Issue is I am always under both and it is very difficult to try and ways of actually dealing with the stress in a healthy way. For example I like to work out, but the associated stress of working is also a cause.

Then there is the stress of dating. I basically I have no idea if I will ever get married, I am apparently not living up to the expectations of the girls I would like to date and I do not want to marry someone I do not find attractive so I will not settle. To put this into perspective, I have been rejected just based on my resume alone I believe over 50 times. I am basically relying on some random girl deciding she is willing to invest in me. I cannot control it and that just leads to more stress.

Now allow me to anticipate what you will respond. Daven! Learn! Do chessed! It's all Gods will and he will make sure you find your Bashert!

Let us go through each of those.

1. chessed - oh I do have a fantastic anecdote for this. I asked a local organisation if I can offer myself to help tutor young children who's parents are overstretched. The rep. then comes to me and suggests the young daughter of ... "a single mother." Where would I be tutoring? In this person's house. I was actually shocked that this was a suggestion! Who in their right mind would suggest to a single man in his late twenties to put himself in that position! So in classic human response I quickly sensed the danger and moved on. Chessed would not be on my agenda
2. God's will - I do believe that God has a plan. And sometimes that plan is that I have challenges. could one of those challenges be maybe I do not get married? Food for thought.

3. Daven - I have occasional periods of davening where I feel a connection. But I have shed tears many times for this. At a certain point I think Davening has been enough and something else needs to give.
4. Learning - my learning is for me not for anyone else. I love it and it is for me.

So that is those ideas, what purpose does it serve? Honestly no idea, these are just musings.

Now let us say I am being picky, and maybe I should settle?

Well let us put this into perspective.

I am 6ft 1, tall dark and well built. I have a good job.

I learn I daven, granted not always with a minyan something I need to work on.

I do not curse or drink too much. I am polite and respectful as a rule.

I enjoy learning, art and reading.

I constantly try to work on my discipline.

SO my question is why should i settle? Why should I marry someone I do not find attractive or interesting?

I could easily take all those things and just find myself someone who is not religious or not jewish and would die for a person who has all those qualities.

Feel free to critique, I have had these thoughts tied up in my head and it is very likely I am being

overzealous in my opinion of myself.

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Re: Stress and frustrations

Posted by connected - 16 Aug 2022 20:54

[supremeone wrote on 16 Aug 2022 19:47:](#)

Saw a wonderful poem, thought I would share.

When they seek to oppress you

And when they try to destroy you
Rise and rise again

Like phoenix from the ashes
Until the lambs have become lions
And the rule of darkness is no more.

Or, *like a phoenix rising from arizona.*

IYKYK

So sorry, I just couldn't resist.

Well, technically, I could but didn't want to.

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Re: Stress and frustrations

Posted by supremeone - 16 Aug 2022 21:54

never apologise for quoting seinfeld. Never!

Please god we shall become master of our domain.

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Re: Stress and frustrations

Posted by connected - 16 Aug 2022 22:29

[supremeone wrote on 16 Aug 2022 21:54:](#)

never apologise for quoting seinfeld. Never!

Please god we shall become master of our domain.

...insanity later...!

I think I've finally found a friend here.

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SERENITY NOW!!!!

Re: Stress and frustrations

Posted by lionking - 16 Aug 2022 23:37

[supremeone wrote on 16 Aug 2022 22:50:](#)

I got your image! Please don't do this my fingers hurt from scrolling so much!

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Re: Stress and frustrations

Posted by cordnoy - 17 Aug 2022 04:17

[lionking wrote on 16 Aug 2022 23:37:](#)

[supremeone wrote on 16 Aug 2022 22:50:](#)

I got your image! Please don't do this my fingers hurt from scrolling so much!

Funny how we don't say this when we are '

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 07:24

Yea sorry about that, did not realise that would happen.

Think I deleted it now.

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 07:25

Well.... there was this one time

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 07:27

I do appreciate the humor guys, I prefer to laugh about this whole thing rather than become depressed over it.

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Re: Stress and frustrations

Posted by connected - 17 Aug 2022 18:47

As long as you don't slam the money on the counter and yell, **I'm Out!!**

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 19:21

That's totally inappropriate. It's lewd, lascivious, salacious, outrageous!!

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Re: Stress and frustrations

Posted by connected - 17 Aug 2022 19:33

Also, don't treat your body like an amusement park.

Even if you could sell out Madison Square Garden.

Even if thousands of people could watch you.

And even if you could be a big star!

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Re: Stress and frustrations

Posted by Kavey - 17 Aug 2022 19:50

Hello and back on topic...what are you doing about P&M?

And on dating I know there is a trend for singles to go to therapists that focus on dating have you considered that? Despite what you share with us here...

Warning: Spoiler!

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 21:22

What am I doing? Let's see.

I am focusing on work, I am making sure I learn every evening, I am trying to make minyan.

My plan is to replace P&M with positive and constructive actions.

When I feel urges I breath and and repeat to myself "I am not lust, but lust is a part of me, only God has control over me."

And as to therapy? How about... No? I went to therapy for a few months and it helped me realise some things.

Look being down i normal, we have ups and downs and that's life.

I am not taking this too seriously because I took it too seriously for 10 years and it hasn't helped. So I will crack jokes and focus on why I am awesome and actually on my way to being an eved hashem.

Now "connected" you got some nerve stealing that kids pen!

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Re: Stress and frustrations

Posted by supremeone - 17 Aug 2022 21:24

Oh and also, I have a filter called qustodio. Works well.

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