

Boredom and depression threatening

Posted by mountainclimb - 09 May 2025 19:38

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Posting for accountability. I am afraid I'm going to fall. My fear is lessening and I'm feeling stronger BH. I just binge ate and am feeling guilty. I'm bored and depressed. The SOS was such a great tool to help stop me, but I can't use it on Shabbos, when I might be bored all day long. Please guys, use the SOS tool. I'm going to try to control myself. Thanks especially yitzchakm for answering so many of my posts.

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Re: Boredom and depression threatening

Posted by mountainclimb - 09 May 2025 19:40

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The yossele AI is great like a therapist, although I wish he were a real person.

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Re: Boredom and depression threatening

Posted by yitzchokm - 09 May 2025 20:24

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You can read here the solutions I posted for boredom and depression:

<https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

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Re: Boredom and depression threatening

Posted by mountainclimb - 09 May 2025 20:26

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BH, the urge has passed. Gut Shabbos everybody.

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