

just wante to check in

Posted by strugglingandstrivngBT - 01 Sep 2011 20:42

So i had a session with a therapist. We discussed the past and how it manifests with the present. A lot came out and I'm ready but confused. I cant wait to start. Mostly actually discussed making me more balanced in general, and wanted to hold off on hypersexuality. Basically he saw my problem as not clinically problematic, but exaggerated due to my standards. I havent acted on, and really I cant afford to. I'm now in NYC and theres so much around cutting me off from Hashem (school, concrete, business) that I cant afford to act out. plus I dont want to. it never helps. My emuna is low but my sobriety is high. go figure...

hatzlacha to all!

SSBT

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Re: just wante to check in

Posted by strugglingandstrivngBT - 15 Sep 2011 03:22

I remember how I did it last time. It was elul and I was sick of falling. I decided that this year Id be clean. I made it 9 months and now I just cant get back up. I keep falling. Im sick of it again but dont have the same strength of emuna i had last year. its not that I dont think its wrong or that I want tot do good, its that I dont feel like doing good. I dont feel like doing bad but im just out of energy to push on. I need help, but i dont even have time to work anything. I just want to be clean. please Hashem, help me to want to be helped.....

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Re: just wante to check in

Posted by obormottel - 15 Sep 2011 07:11

when i feel like that it helps me to keep in mind that acting out will actually make me feel worse by the time im done with it

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