

Having a real bad day!

Posted by Liveman - 05 Jun 2013 06:33

I'm having a very bad day! It's like one of these days that I say to my self FORGETIT! Now I know the real right thing to say is c'mon be a man dont put yourself down, don't be mean yourself. But I have no strength to say that to myself

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Re: Having a real bad day!

Posted by Chabadguy - 05 Jun 2013 07:38

I feel for you bro. I've had a tough day too. You'd think things get easier as you learn but it's not true because life gets more complicated and you need more than the old stuff to fight the new complications.

Keep fighting my friend. Everyone's got their own peckel. And look at the guy next to you like the cleaner at the place you're at and realise what good you DO have.

Morgen vet zayn GOR andresh

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Re: Having a real bad day!

Posted by Liveman - 05 Jun 2013 08:42

I am going to continue fighting, but I'm just saying I feel very helpless cause I'm completely alone in my struggles. No body in the world knows what I'm going thru. And it is impossibly tough.

Now I know that it is not a one day struggle nor is it a years struggle, it is the struggle of a lifetime a struggle that puts you thru hopelessness at certain times, and today is one of those days!

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Re: Having a real bad day!
Posted by Chachaman - 05 Jun 2013 09:24

You aren't alone...Hashem is with you, and the GYE chevra is very supportive.

With that being said...care to share anything about your story with the forum? It can be liberating.

Also, I am willing to bet that it's not this issue doesn't stand alone, but there are motivating factors / voids in our lives that we fill with lust.

We all find out more about ourselves during this struggle. Good luck!

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Re: Having a real bad day!
Posted by inastruggle - 05 Jun 2013 23:19

I think that we all have such days.I had one a few days ago.One of my rebbeim said that the best way to combat it is just to hang out with friends (virtual ones count in my opinion, though real ones are obviously more effective).

Like chachaman said, the whole gye is here for us so we're not alone.

[Liveman wrote:](#)

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days!

Remember to take it one day at a time.

HATZLACHA.

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Re: Having a real bad day!
Posted by some_guy - 05 Jun 2013 23:50

Do you have a rabbi you are close to? I told my rabbi and it has helped a lot. If you really don't want to, remember that we are all here for you. We will help you when you need it.

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Re: Having a real bad day!
Posted by Liveman - 06 Jun 2013 06:17

Well today I did have a better day!

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Re: Having a real bad day!
Posted by Chachaman - 06 Jun 2013 07:10

I had a crap day today, go figure. lol. I'm glad to hear that you had a better day!!!

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Re: Having a real bad day!
Posted by some_guy - 06 Jun 2013 19:49

Liveman, that's great news. Every day, hour, minute and second counts.

Chachaman, I am sorry to hear that. I am sure you will bounce back and have a great day soon.

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Re: Having a real bad day!
Posted by Dov - 06 Jun 2013 20:46

Dear Liveman,

I'd be glad to talk things over on the phone any time you like. Just PM me if you want to do that, or even if you'd rather just communicate another way. But like others have said here, the realer it is, the real-er your results will be. It all depends on what you want or need. Last time I checked, we do not *virtually* look at porn and we also do not *virtually* masturbate ourselves. We do it 100% real-ly. With our real selves. Nu. That's why it hurts soooo bad.

- Dov

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Re: Having a real bad day!
Posted by Liveman - 09 Jun 2013 09:49

Thank you for everything you do, I'm not sure I'm ready to talk as of yet but I would like to communicate with you thru another way. So please tell me how we can do that.

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Re: Having a real bad day!
Posted by Dov - 09 Jun 2013 14:00

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Did it.