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Posted by vetoher veskadesh - 17 Jun 2013 20:10

Oy Hashem help me Please !

Posted by tehillimzugger - 17 Jun 2013 20:12

FORTY TWO DAYS!!!!!!!!!!!!

[illegible]

You have a slight problem now? Inhale, exhale, say three kappitlech tehillim.

Oh and welcome. and KEEP ON POSTING

Posted by gibbor120 - 17 Jun 2013 21:30

Welcome vetoher veskadesh! You have come to the right place.

You must have read the handbook about taphsic, what else have you done?

Taphsic has it's limitations. It helps some, but for many people it is not sufficient. Have you told anyone about your problem? A rebbi? A friend?

There are a lot of tools and many wonderful welcoming people here. Why don't you tell us some more about yourself and your struggles?

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Re: Hi , Help needed !

Posted by maybethistime - 23 Jun 2013 01:19

Hey how are you doing, and welcome.

Listen I am not married and I cant give you any advice about telling your wife (I do know the white book mentions extreme caution, and I don't think a decision out of despair is a good one), but I can tell you this, telling someone helps, isolation is our worst enemy. If you don't have anybody yet, then pray for somebody, or for the guts to actually be honest with a friend. I have a great friend who was open with me but I was never able to be open with him, but when I decided that it was time I felt like the world was going to come crashing down and the feelings of shame would overwhelm me and that I would never be able to look him in the eyes again. Well, he accepted it pretty nonchalantly, were still best friends and boy did it feel good.

But I digress, KEEP POSTING, it helps with the isolation, ALOT. the truth is no matter what, even if you do open up to somebody who is not a fellow addict, then you wont be sharing the ins and outs of your every day struggle, (in my opinion) its not healthy for your relationship and they wont really understand. This is a place where you can do that a little more freely and there are some people here who can give you some pretty solid advice and encouragement.

Listen, as to whether you are an addict or not, for me I found clearing up that point was and is

Oh, and by the way Kol Hakavod, 42 days is something to be proud of, keep on going.

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Posted by Dr.Watson - 23 Jun 2013 03:41

FORTY TWO DAYS!!!!!!!!!!

[illegible]

Oh and welcome. and KEEP ON POSTING

Also, taking a long walk, or even going for a run, can help. And remember, these images, moving or otherwise, that seem so alluring are nothing but pixels on a screen. It's not a real person, they can't see you, don't know you, don't like you, don't care about you, they're just a million tiny dots behind a piece of plastic. Take a quick look at the back of your monitor to get a real sense of what it is you're actually looking at. "Vechol horish'oh kulo ke'oshon tichleh"

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