

just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 18 Oct 2009 16:01

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Hi-

this is my first time posting. i am a little nervous as to how this may go. Needles to say i have no idea what to expect, but i need help.

I was in a modern orthodox yeshiah high school, all boys. i messed up with porn pretyt frequently, and i was involved int he usual high school activities. namely, basketball, girls and the like.

I went to Yeshivah in Israeel after high school. everything was unreal i grew a tremendous amount. i was clan for about a year an a half! i felt like no one can ever stop me. i was beyond all the troubles left behind. i did not think i would ever have to look back.

when i got back to America, i started college. the first few months went pretty well. i tripped up here and there but nothing consistent. i still felt like i was growing for the most part. granted, not as much as before. but that was expected

then the summer rolled around. i met a girl and we started dating. we were shomer. things esccalated and we slipped up with with being shomer. this went on for 2 months. finally, i decided i wanted to move on and be alone, because i wanted to grow again. i felt like she was holding me back. we had other reasons to break up, like school, but the main reason was because i wanted to get back to the place i was befre. we both felt this was true for both of us.

after e broke up, we still spoke. i felt fine. i was growing. then a few weeks later, something happened and we cut each other out of our lives. this just happened.

i feel terrible. this is hat i wanted the whole time, yet now that i have it, i feel liek garbage. i feel like i dont want this. i dont want to continue on this teshuva path anymore. i dont feel inspired. this is what i wanted, but now i dont want this to be the realty.

how do cope with this issue? i cant focus on anything anymore and i feel like i might mess up because im feeling depressed. please help

thank you

hope to hear from you soon

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 29 Oct 2009 17:00

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yea i hear you. bauch hashem, i have only been acting out for 4 months with this issue. i can be more patient. at least i can try!

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 01 Nov 2009 16:00

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ok guys i did what everyone said i should do. i cut it off. there you go, its all over and we are never going to speak again. never mind how it happened but it did.

i really need everyone to come through on this one. i know this is starting to get annoying but here i am and i need help. its day 1 knowing were never going to speak again. you guessed it, i feel worse even though i took a step forward.

please help. this is the final draw. i need to put this behind me now that i know its all over and done with.

thanks

striving

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Re: just took a step forward....but feel worse than when i started

Posted by Ineedhelp!! - 01 Nov 2009 17:34

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Wow Striving,

Thats truly amazing. You have great strength and power inside you. We can all see that. Now that you've taken it to the first level, lets start slowly bringing it up a notch very gradually. You just gave me alot of Chizuk. I'll be here right with you along th way.

-INH

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Re: just took a step forward....but feel worse than when i started

Posted by the.guard - 01 Nov 2009 18:11

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We feel for you!!

[www.chabad.org/multimedia/kabbala\\_toons/default\\_cdo/aid/621790/jewish/Sky-Diving.htm](http://www.chabad.org/multimedia/kabbala_toons/default_cdo/aid/621790/jewish/Sky-Diving.htm)

[www.aish.com/d/w/54929572.html](http://www.aish.com/d/w/54929572.html)

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Re: just took a step forward....but feel worse than when i started

Posted by strivingfortruth - 01 Nov 2009 18:20

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wow thank you so much for the links. that was actually amazing

dont take chizuk from me though. the reason why we are completely not talking was bc i texted her and she lashed out. then i relaized it had to come to end. so yea, it was bc of my weakness. maybe it was min hashamyim, i dont know. bottom line is its over and i have to go through this. maybe al the hard stuff that happened to me since we broke up is some sort of a tikkun for the many times i slippied up around her. any ideas on that?

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Re: just took a step forward....but feel worse than when i started  
Posted by the.guard - 01 Nov 2009 18:42

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maybe it was min hashamyim, i dont know

I have pretty reliable inside information that it was.

maybe al the hard stuff that happened to me since we broke up is some sort of a tikkun for the many times i slippied up around her.

If you take it as a tikkun for that, then yes, it definitely *will* be!

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 01 Nov 2009 18:45

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well what else am i supposed to take it as? i tried realy really hard for a test and did worse than all the people who didnt even study! how else can i explain this to myself?? please tell me reb guard!

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Re: just took a step forward....but feel worse than when i started  
Posted by the.guard - 03 Nov 2009 21:41

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The ways of Hashem are hidden... All we can do is give ourselves over to Him, as we brought in today's Chizuk e-mail, and ask that ***His will be done, not ours.***

May G-d give you a new heart to serve him in truth and purity and TRUST.

Lots of love,

Gurad

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Re: just took a step forward....but feel worse than when i started  
Posted by 7yipol - 03 Nov 2009 21:44

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Striving,

I just saw this now.

Ouch! Doing the right thing doesnt mean its not painful. I really feel for you.

Hashem saw that it was just too difficult for you to make the break, so He gave her the strength to do it for you instead.

NO one here can, or should, take her place.

But we can be here for you as real friends who honestly care about you and want you to succeed as much as we want *ourselves* to.

Because were all in the same teiva, an when one sinks, we all do.

"Kol Yisrael areivim ze lazeh"

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 03 Nov 2009 21:47

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hey guys-

i had my first appointment with a counselor yesterday. it went pretty well, but he did not reveal anything i was not already aware of. its been 4 days since we completely broke it off. shes creeping into my head all the time. i need to find ways to get her out. i tried telling myself to oush it off but its still not working. ideas?

thanks for all the help and support

-striving

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Re: just took a step forward....but feel worse than when i started  
Posted by 7yipol - 03 Nov 2009 22:03

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[strivingfortruth wrote on 03 Nov 2009 21:47:](#)

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push it off but its still not working. ideas?

thanks for all the help and support

-striving

PATIENCE

With the counselor

With the breakup

with *yourself!*

PATIENCE

PATIENCE

PATIENCE!

And we're with you.

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Re: just took a step forward....but feel worse than when i started  
Posted by strivingfortruth - 03 Nov 2009 22:05

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and when i tel myself i really would not have minded being friends with her and just talking once  
a week? also, i feel bad that theres someone out there who dislikes me, someone who is sort of  
an "enemy" (not really, but you know what i mean)

i get it, i need patience. but still, i need answers to these questions that come up in my head.

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Re: just took a step forward....but feel worse than when i started

Posted by 7yipol - 03 Nov 2009 22:15

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Talking once a week would be nothing more than a tease to both of you Striving.

I understand your pain, and hear the hurt in your words very clearly.

I hope you arent upset with us for encouraging this break, but please please believe me that we are only looking to help *both* of you with long term solutions instead of short term fixes.

Dont forget, nothing is set in stone.

Once you are on the road to recovery, nothing says you cant re-establish the relationship; healthier, happier, and with safe bounderies.

Turn to Hashem and direct your tears to Him.

He's listening

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Re: just took a step forward....but feel worse than when i started

Posted by the.guard - 03 Nov 2009 22:19

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shes creeping into my head all the time. i need to find ways to get her out.



Maybe some of the ideas on this page can help:

[www.guardureyes.com/GUE/FAQ/FAQ15.asp](http://www.guardureyes.com/GUE/FAQ/FAQ15.asp)

One day you will look back at this difficult period of your life and tell your children what you learned from it and how it made you into a MAN; into a servant of Hashem.

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