

Helping others

Posted by shmiraShachaim - 06 Apr 2016 19:13

I am content on my journey, but still making sure that i'm still on it and not letting it dissipate among feelings of sobriety (especially since i'm not sober)

However, as I was trying to focus on my recovery, I have pushed off my awareness of the struggles of others I know. But I realize that i must care about these people as well, so even though I will continue to focus on my recovery, I will ask if anyone has any ideas what i can do for these people.

My father has homosexual relations

My 12 year-old nephew has been using a loop hole on his smart phone to look at inappropriate images

?Any ideas?

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Re: Helping others

Posted by shmiraShachaim - 10 Apr 2016 04:23

[ecstatic wrote on 08 Apr 2016 03:59:](#)

As far as your nephew is concerned, I don't agree that it is a given that his parents should be directly involved. Sometimes parents do not realize that they may not be equipped to handle problems like this themselves. I suggest you reach out to a Rov whom you trust and who knows the family.

This is pikuach nefoshos, and you really must take action, but to personally intervene without

the guidance of a wise and experienced mentor such as a Rov might be over your head.

Thanks. I actually know of a Rav they are close to. Don't know him personally, but maybe i'll make this embarrassing issue our first conversation.. I'll see

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Re: Helping others

Posted by shmirashachaim - 10 Apr 2016 16:51

[Shlomo24 wrote on 08 Apr 2016 04:54:](#)

I can't even fathom what this situation would feel like if I was in it. I don't know how I would manage. That being said, something that has helped me in dealing with disturbing aspects of my life is the notion that other people are also sick. I don't mean sick in a bad way, sick like I am sick. I held people on such pedestals that when they didn't act accordingly it really affected my inner peace. My father is a very volatile person, I don't trust him at all. He can go from being really smooth and calm to uproariously anger in a matter of seconds. I am trying to view him as another sick person, to have rachmanus on him instead of anger and fear. He's also struggling.

Continuing on that theme, and this is actually my main point, is learning to "keep our side of the street clean." I have codependency up the wazoo and it is very hard for me not to "fix" others. My sponsor has told me, and I have heard countless times, that I have to do what is best for me. Not what is best for others, what is best for me. If I develop and become emotionally healthy, and I still want to help others, then I can. But not from a need-fulfilling place or if I want

to come out looking good. It has to be completely about the other person. And even then, there are many situations in which I must sit back because involving myself would cause me and the other party stress.

Hatzlacha.

Yes, I relate to you completely, and this is a concept I have been trying to internalize for some time now. Besides homosexuality, my father has many other issues as well. The most affecting one is that he is a narcissist. I used to hate my father. Yes I said it. So much resentment for things he has done to me, my siblings, and my mother A'H. Especially once my mother passed away things spiraled out of control and I often found myself feeling angry and lost. I was so angry at my father for who he was and why he can't just look into a mirror and admit he is wrong and fix his ways. I was always dreaming of him turning over a new leaf and was consistently disappointed. But over time i have been trying to replace that anger with sympathy, which was hard but not only was it the smartest thing to do but it has at least some truth to it. How many people if shown what i do in private , would cast me as a complete fake and fraud? Even though im not saying im free from guilt, but they just wouldnt understand what my nisayon is. I try to say that about my father aas well. Instead of focusing on how bad he is and how terrible the situation is, i try to focus on how unfortunate he is and what i need to do and say in order to deal with the situation.

Countless times I tried to "fix the situation" and make him fix his ways. Now, I feel bad for him. By me seeing what I can do for him at least in this area, is not because I am trying to fix him, but perhaps i can alleviate his pain on the chance this pains him.

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Re: Helping others

Posted by shmrashachaim - 10 Apr 2016 16:54

[pischoshelmachat wrote on 08 Apr 2016 15:08:](#)

Hi,

i just want to tell you how I feel for you. I cannot imagine how hard it must be in your situation. May HKB"H give you the strength and peace to triumph over all your challenges.!

Amen! When I first found out about it I was so confused about life in general and steeped into

my own tivos, i think it just added to my confusion and my allowance of giving into my own tivos. But yes it pains me and it is hard for me. Thanks for thinking about me

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Re: Helping others

Posted by markz - 10 Apr 2016 17:06

I'm not a therapist, but I'd consider you research the following

Currently you're sounding like being codependent caring for your sick father

That could impact your personal life and be something that causes stresses to the point of looking for escapes eg acting out

The solution therefore would be...

I won't say because I'm not authorized, but I just wanted to give you food for thought, because we have a lot to offer besides for gyefilter fishies

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Re: Helping others

Posted by shmishachaim - 10 Apr 2016 17:22

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I hear what you are saying. However, I am not really too involved with my fathers life. I just couldn't get the nagging feeling away that here i am trying to get better while i know my father is affected by this as well. Just wanted to do some small thing for him. I likes your idea of sending SSA to him or perhaps maybe send him an email. Do you know how i can obtain such stuff?

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