

How can i recover after touching someone

Posted by Inneedofhelp - 28 Dec 2020 06:32

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I don't know if this is the right place to post this, but i am really struggling to know what i can ever do to change the matzav i'm in now cause even if i do teshuva i have affected someone else this happened around four years ago when i was seventeen we had a family staying in our house for some time and there was a kid around seven or eight that i touched inappropriately, just this year i heard about gye its been so helpful I just started therapy but I didn't tell the therapist yet this story i plan on telling him next session it's being coming back to haunt me ever since i need to come clean with this boy and his parents i just need to build the courage its not like i have a taava for children I've done camp for three years not a single issue, so if anyone can help me out with some advice would be appreciated thanks.

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Re: How can i recover after touching someone

Posted by YeshivaGuy - 28 Dec 2020 07:00

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Speak to ur therapist ASAP. Before contacting parents, the kid or anything.

Speak to ur therapist and get help.

Hatzlocha

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Re: How can i recover after touching someone

Posted by Zedj - 28 Dec 2020 07:09

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Do as @Yeshivaguy suggested.

I hope you follow through.

This can't wait any longer than it has.

Please update us when you told your therapist.

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