

Not sure what to do about my past

Posted by Hashem give me koach - 19 Jan 2022 03:10

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did something when i was a teenager, ive changed but i just cant forgive myself and its tearing me apart what do i do?

at the time when it was happening i mustered up all the courage i had to go talk to my dad because i knew i needed help fast, i was shaking away when i spoke to him i could just about get the words out of my mouth, i told him what i had done he asked me a few questions and told me to make sure it never happens again and what could happen if it does.. he asked me if he could tell my mom which i told him no.

i didn't really get the help i needed and i felt that i had wasted my time telling him because i hadn't gotten the help i felt i needed and i ended up doing the same thing again i wanted to go talk to my dad again but i just couldn't muster the strength to do so and i felt there was no point because he didn't do much (in his defense i limited his actions by telling him he couldn't tell my mom, but on the other hand i was to ashamed for her to know) i just ended feeling ashamed whenever i saw him,, a month or 2 before i spoke to my dad i flew to a tzaddiks kever to daven that i get help i tried everything but didn't get far. all of this hapened 3 years ago when was a teen and i cant live anymore with the daily guilt and what my actions might have done to others. i just dont know what to do.....

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Re: Not sure what to do about my past

Posted by Shtarkandemotional - 19 Jan 2022 05:20

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Hey tzaddik! Welcome to the warm GYE family! Here you can find a lot that can help you!

1)are you struggling with anything specific now other then guilt?

2) have you tried therapy?

looking forward to hearing from you!

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Re: Not sure what to do about my past

Posted by Hashem give me koach - 19 Jan 2022 13:31

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1)are you struggling with anything specific now other then guilt?

No, only struggling with the guilt ect

2) have you tried therapy?

No, dont really know of who to talk to ect

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Re: Not sure what to do about my past  
Posted by DavidT - 19 Jan 2022 13:49

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The Nesivos Shalom writes in Parshas Noach, the guilty feelings we have are a gift from Hashem that come from the inherent good inside every Jew. Indeed, he writes, a Jew who does *not* have these feelings anymore, no longer has much hope.

A person who gives in to the Yetzer Hara because the Yetzer hara has tempted him strongly and he can't hold back, is not "bad" in essence. With Teshuvah, Hashem will forgive him. But if one doesn't feel guilt anymore, that means that the bad has taken him over totally and there is little hope.

The Nesivos Shalom ends by saying that "guilt" is actually a Tikkun for every Yid to be able to break free of the bad. Even when one falls, they should make sure that the fall does not become part of their *essence*. By continuing to hold on to Hashem and feeling guilty when we are far from Him, then even in the case of the worst sins *chas veshalom*, we still have hope and will be forgiven.

The Sefarim say that the main way to demonstrate teshuva to Hashem is to stop doing the behavior! This includes making an effort to stop as well, speaking to somebody that can possibly help you, and sitting down and making a list of healthy strategies to help you cut down and stop.

Bottom line: Do teshuva, and move forward. Hashem wants people to do teshuva, and he helps them. If you extended yourself to do teshuva, then Hashem will help you, is helping you right now, & has already helped you.

Teshuva is all about coming back to Hashem. All of us are far from Hashem, even Tzadikim, because ultimately Hashem is infinitely good, perfect, benevolent, and all else. We humans, and even big Tzadikim, are mere humans. The sefarim say that even the angels are aware of their shortcomings in comparison to the Ain Sof. Therefore, we all have to teshuva, always. We all have room to grow, and even in regards to the teshuva which we did in the past-can we honestly say it was genuine enough and sufficient in tandem with the infinite greatness of Hashem? Of course not. When we daven, is it with always with great yearning and concentration? Of course not. Do most people perpetually live in a state of yiras shamayim? No. Do we kvetch at least a little bit when we miss our bus, showing a lack of emunah in the concept "all that Hashem does is for the best"? Yup.

But there's a good thing about always doing teshuva-it always keeps you humble, and connected to Hashem. That's why Tzadikim like the Ramchal teach to make a "cheshbon hanefesh" each night, and Reb Nachman tells us how every Jew must talk to Hashem each day in his own words and connect with him through "hisbodedus". Look at the Igeres HaRamban which says "make a cheshbon hanefesh every morning and night, and by doing this all of your days will be spent doing teshuva". The Gra says that a Jew with bitachon who has a genuine connection to Hashem but also occasionally commits serious sins is more valuable to Hashem than a frum-faker and kavodchaser who never sins.

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Re: Not sure what to do about my past  
Posted by bego - 19 Jan 2022 14:35

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[Hashem give me koach wrote on 19 Jan 2022 03:10:](#)

I did something terrible when i was a teenager, ive changed but i just cant forgive myself and its tearing me apart what do i do?

at the time when it was happening i mustered up all the courage i had to go talk to my dad because i knew i needed help fast, i was shaking away when i spoke to him i could just about get the words out of my mouth, i told him what i had done he asked me a few questions and told me to make sure it never happens again and what could happen if it does.. he asked me if he could tell my mom which i told him no.

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Hi, sorry to say it, but depending on how terrible, this could be the wrong place for you.

You mention it affected other people. That's obviously something you are really struggling with, yet without revealing it (do NOT do that - repeat - DO NOT DO THAT HERE) no one can really help as bad can be anything (in relation to this website) from sleeping with a married lady, to rape, to looking at one of your sister's friends when she stayed over and anything in between.

If we take what you have said at face value, you do need help. Local Rabbonim can be great sources of help and regularly know the right people to help further. I suggest you start there.

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Re: Not sure what to do about my past  
Posted by Hashem give me koach - 19 Jan 2022 14:48

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@ davidT thank you for your words of chizuk.

@bego thank you for your reply i am thinking over what you wrote and am thinking which rov or rebbe/mentor would be the best for me to talk to,

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Re: Not sure what to do about my past  
Posted by Human being - 25 Jan 2022 11:42

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Just wanted to let you know that i have had/still have similar struggles. I hurt people when i was younger (12-15 yrs old). Ive been in therapy for a few years which was pretty much a life saver for me. I used to think of myself as some evil person who wants to hurt others. I realized it to be false and coming from my younger years when i was made to believe i was bad. Feel free to Pm me to shmooz and for ideas/support.

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Re: Not sure what to do about my past  
Posted by Vehkam - 14 Feb 2022 04:06

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That is very kind of you to open up about something so difficult. I am glad that you were able to get to a therapist that Helped you understand that you are not an evil person for some thing that you did when you were basically a child.

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Re: Not sure what to do about my past  
Posted by Hashem give me koach - 02 May 2022 01:25

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i thought i would update the oilam, in short i reached to a mentor and he heard me out, and together we made a letter for me to give to my father, i gave him the letter

now as a result he went to his rov and i am scheduled to go to a psychologist for therapy to talk through everything that happened, i am very happy about this i always wanted help and therapy to heal my wounds and to talk out if there is things i need to repair and say sorry if necessary (it was hard for me to reach out for help but i am happy i did!

**My message to all teenagers, that at times it is very worth it to speak to your father or**

**mother which ever one you find more comfortable in talking to in my case it was my father i could never to talk to my mother about it. it will be akward at first but in my case i found it was the best move!**

**i belive its the best thing to do, it took me years to build up courage,**

**if there is something you have and that others need to know speak up before you mess up badly!**

**thanks guys for all your support**

**all the best**

Hashem Give me koach

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Re: Not sure what to do about my past  
Posted by Markz - 02 May 2022 02:21

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All I can say is

WOW

WOW

WOW!!!!

Amazing what you did - Much Hatzlacha!

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