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Posted by farblunjet - 14 Feb 2022 20:35

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Feeling angry and disconnected. Can't concentrate. Just wanna die. Got no friends, no enemies. No wife, no life. I think I'm gonna have to think of something to stir up some enemies. Being angry is easier than connecting emotionally. Any ideas?

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Re: !!!
Posted by villzeinheilig - 14 Feb 2022 21:41

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Let's connect. Anything to get out of yourself can be helpful. Doing something for yourself or another as insignificant as it may be. Keep reaching out. Just for today. One day at a time.

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Re: !!!
Posted by Vehkam - 14 Feb 2022 23:07

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Sorry that you are having a difficult time can you please tell us more about yourself

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Re: !!!
Posted by the.guard - 15 Feb 2022 20:59

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You have one very best friend in the whole wide world, and He is with you in the room with you right now. Speak to Him.

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Re: !!!
Posted by farblunjet - 16 Feb 2022 03:52

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How do we connect?

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Re: !!!
Posted by the.guard - 16 Feb 2022 07:45

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Just talk to Him in the same way you would if you saw Him. Imagine He would appear to you and tell you that He loves you and wants you to ask Him for help in everything in your life. What would you tell him? Would you ask Him to help you connect better, to come closer to Him, to merit the joy of being an eved to Him and not to Pharaoh in Mitzrayim?

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Re: !!!
Posted by Hashem Help Me - 16 Feb 2022 12:34

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Speaking to someone real will help you process these emotions better. If you do not have a former rebbi/rav/mentor, try someone here buddy. Feel good.

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Re: !!!
Posted by Markz - 16 Feb 2022 12:46

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[the.guard wrote on 16 Feb 2022 07:45](#)**:**

Just talk to Him in the same way you would if you saw Him. Imagine He would appear to you and tell you that He loves you and wants you to ask Him for help in everything in your life. What would you tell him? Would you ask Him to help you connect better, to come closer to Him, to merit the joy of being an eved to Him and not to Pharaoh in Mitzrayim?

It looks like he was asking the question as a reply to [villzeinheilig](#)'s post, not to yours.

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