

A supportive space to vent and share your feelings

Posted by Human being - 16 Oct 2022 19:18

This is a safe space to share your fears, dreams, feelings, and story. It's like a group therapy thread for when we need to share and want people to hold our hand.

Rules- NON JUDGMENTAL ZONE!!! NO MATTER WHAT!!

- No advice
- Be curious and ask questions to help people open up.
- Be supportive and compassionate
- Validate
- SHARE YOUR STORY!
- VENT,VENT,VENT,VENT ISTEAD OF PORN,PORN,PORN. (Or M)

Waiting to hear from everyone.

#VENT INSTEAD OF PORN

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Re: A supportive space to vent and share your feelings

Posted by Human being - 25 Dec 2022 03:35

[Markz wrote on 25 Dec 2022 03:08:](#)

Raw feelings. It's painful. Thanks for sharing.

I'm sure you lit already iiii

Now take another menorah, light it in the bathroom, with a scrawl or graffiti write this message, and send me a selfie too

“Lehadlik et halevavot. Love Karl Markz”

I feel a little better journaling here to the guys, although i haven't went back home yet.

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Re: A supportive space to vent and share your feelings
Posted by Markz - 25 Dec 2022 03:57

[Human being wrote on 25 Dec 2022 03:35:](#)

[Markz wrote on 25 Dec 2022 03:08:](#)

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Re: A supportive space to vent and share your feelings
Posted by Human being - 03 Jan 2023 22:20

Bla.

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Re: A supportive space to vent and share your feelings
Posted by jackthejew - 05 Jan 2023 19:15

[Human being wrote on 03 Jan 2023 22:20:](#)

Bla.

Vent or Share? Cause I'd love to send a hug

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Re: A supportive space to vent and share your feelings
Posted by Human being - 05 Jan 2023 21:39

Thanks, love you buddy. going through a really hard time these days. I'm meeting my rebbi and parts of me a petrified to death to be near him. Because I'm committed to him as a rebbe, yet he's not my phycologist or anything, so he doesn't create the safety needed for the parts of me that need safety. I cant sleep think, or function. I feels like I'm having a heart/panic attack the past 5 days straight. Its terrible.

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Re: A supportive space to vent and share your feelings
Posted by Eerie - 05 Jan 2023 23:48

Hey, buddy! We are here! Hugs!

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Re: A supportive space to vent and share your feelings
Posted by Human being - 06 Feb 2023 10:38

Going through a weird time lately. Bringing up a lot of feelings and instability in order to heal. I feel like im on a roller-coaster. im going through so many shifts emotionally, i no longer know who i am at the moment. I got 4 days recently and im very happy about that!!!

On a different note, its dissapointing to me that i started posting less on gye. But i dont feel like i have a group here that lives life the way i do. So i feel a bit lonely out here in my approach. I dont get chizuk from all the spiritual oriented posts. that doesnt help me grow, it just makes me feel giulty. But it seems that that is the predominant mehalech here. (through no-ones fault) So its dissappointing to me, but theres no-one to blame.

Id love to hear from the guys, How is everyones else's feelings at in life?

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