

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 Geshmak! - 28 Nov 2022 04:14

[Human being wrote on 28 Nov 2022 03:14:](#)

i think you should delete your post. Yes i dont think hhm would feel comfortable with this. No judgment here. Just answering honestly as a friend.

Thx so much! I love muser it shows you really care abt me... and also if someone else will mind for sure let me know... but I didn't see your post till now and who knows how many guys saw it already... so next time send it to the moderator unless it's faster this way... or maybe do both. Thx again! ?? ???!

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Re: A supportive space to vent and share your feelings
Posted by Human being - 29 Nov 2022 21:46

I disassociated, my brain does that when my emotions are too overwhelming and i cant function. Basically my emotions are turned off (my negative emotions) I cant feel any of my 5 yr old feelings right now. Problem is, when i disassociate from my feelings i become what Pete Walker calls a "human doing" i need to be stimulated 24/7 in order to feel alive. I'm always up and ready to do. Its nice because it feels good to not have negative feelings and be so outgoing and exciting, but since i need to be stimulated 24/7, whenever im not stimulated i get turned on. I go straight to anything sexual. Even being on GYE makes me turned on. Im a little lost. And yes my streak doesnt make a difference to me because i feel like im on day 1 sexually. (Im turned on the whole day)

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Re: A supportive space to vent and share your feelings
Posted by Sapy - 30 Nov 2022 03:29

[Human being wrote on 25 Nov 2022 20:08:](#)

I met HHM. Finally met someone in person. It was a great trial run to see how my mind would react. I thank HHM profusely for giving me the space and time for the tryout.

At the same time there's a part of me that feels judged near anyone that cant accept me if i want to watch porn. Therefore, its very upset at me for ruining its trust in me. So I need to take a break from meeting anyone that would look down at the part of me that wants to watch porn. (anyone basically too religious). I have not been able to function due to this part of me that doesn't feel safe around even me anymore because i ruined its trust in me. So going through a little of a hard time right now. Not feeling safe and secure with myself. But I'm beginning to rebuild the trust in myself to keep me safe. I commit to keeping myself safe for the next week no matter what. Even if a different part of me wants to push me, i will not allow it. I will keep them safe.

I'm sorry to read about the hard situation your in right now, it must really feel hard and challenging. I hope you feel better soon.

Wanted to quickly comment on the quoted post above. I'm sorry that part of you feels judged, I also have parts that are very sensitive to judgement, although I'm better now sometimes bh.

Just wanna share something I learned from being here some time, maybe it will resonate with you, and can be of a help. There are many ways, methods, modalities, and ideas how to work on those struggles, some are very different then the other, a 12 steps guy, cannot partner with a IFS guy, even if both respect each other and have the same goals, they just speak different languages, and look at things differently on a very basic level. In fact I think that such a partnership will only brake them both.

Lets say if a 12 steps guy will say only G-d can take away my lust, and the IFS guy will try to explain to him that every person has a Self that can be in the driver's seat and take care of the lust firefighter, the guy will feel misunderstood, and even judged- as If he is expected to be able to fight his "sickness". Now we know that non of them are judging the other, but they are taking a very different approach to this journey.

I think that might be what happened here, I don't think anyone judged your wanting to act out, its just has a very different language to this struggle, and feeling misunderstood, can feel judged at times.

Personally, I think that is one of the main benefits of the 12 steps program, having a fellowship that speaks your 'language', I've always been jealous of that part.

Wonder if any of yhis makes sense to you.

Wishing you the best brother.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 30 Nov 2022 21:40

SAPY WROTE

a 12 steps guy, cannot partner with a IFS guy, even if both respect each other and have the same goals, they just speak different languages, and look at things differently on a very basic level. In fact I think that such a partnership will only brake them both.

I agree with this 100 percent. 1000000000000000000 %. It frustrates me to no end when people cannot accept parts of themselves and instead say "hay its g-ds fault that i have this BAAAAD part" Why cant we come to accept every part of ourselves and love every part of ourselves AND say its up to g-d because i have no control. Why choose when we can do both? If we cant accept a part of ourselves, then we cant accept that part in other people. Its just impossible.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 30 Nov 2022 21:49

My opinion is a little different.

Even if a guy goes/does the 12 steps, he can never the less still accept the part of him that wants to watch porn, while at the same time saying "its on g-d because this part of me is too strong sometimes its impossible for me alone to manage"

So ifs people can accept 12 steps people who accept all their parts.

And ifs people can also "its on g-d because this part of me is too strong sometimes its impossible for me alone to manage" while at the same time still accept the part of him that wants to watch porn.

Only 12 steppers who *don't love and accept* the part of them that wants to watch porn will not be able to partner with an IFS guy. And only an IFS guy that doesn't "put it onto g-d" will not be able to partner with a 12 steps guy.

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Re: A supportive space to vent and share your feelings
Posted by Sapy - 01 Dec 2022 02:01

Alright, I appreciate your opinion, and agree to disagree.

1) I do think that some models disagree on a basic level, including IFS and 12 steps, when a IFS guy says G-d takes it away, he's talking Emunah, but it's not part of his work on recovery, but in SA it's literally a miracle that G-d does without any understanding why. So if a 12 steps person wants to help a IFS guy and starts talking about miracles happening it's just not the right message, and the same the opposite.

2) even if they agree, the model puts focus on other stuff, imagine a 12 steps guy tells you to make an inventory of everyone you fear/resent, or tells you to make amends to them, and he can't stand you not putting focus on this important step 4, he's not helping you he's breaking you. Same goes when a IFS guy puts pressure on a 12 steps guy to focus on accepting every part of his, or building a relationship with those parts.

They might have the same destination, but they are taking very different routes, be careful with exchanging GPS directions with one another.

Again, I appreciate and respect your right to disagree, you are a smart man.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 02 Dec 2022 00:10

IM now going to fully agree with you! You are clear, concise and your argument is true.

That being sad, it makes me sad that so many people out there cant accept parts of themselves, and instead try to force parts to forgive and forget, which isn't possible if the part doesn't want to. You can squash that part and ignore it, but that doesn't help either because it is still affecting us even if we squash it. Its actually affecting us more if we squash it. When we bring things to our conscious minds, they have less control over us. So anyone working on step 4 in the 12 steps, i feel bad for them if they don't know they can accept anger, resentment and hate. Even if we say we forgive, if a part of us doesnt forgive, its simply not true. And one can never know if they are ready to forgive, if they cant accept the part of them thats angry, hurt, and hateful.

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Re: A supportive space to vent and share your feelings
Posted by Shmuel - 02 Dec 2022 01:41

So anyone working on step 4 in the 12 steps, i feel bad for them if they don't know they can accept anger, resentment and hate. Even if we say we forgive, if a part of us doesnt forgive, its simply not true. And one can never know if they are ready to forgive, if they cant accept the part of them thats angry, hurt, and hateful.

I know MANY guys in SA that have done their 4th step and are doing just fine...

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Re: A supportive space to vent and share your feelings
Posted by Human being - 02 Dec 2022 06:18

[Shmuel wrote on 02 Dec 2022 01:41:](#)

So anyone working on step 4 in the 12 steps, i feel bad for them if they don't know they can accept anger, resentment and hate. Even if we say we forgive, if a part of us doesnt forgive, its

simply not true. And one can never know if they are ready to forgive, if they cant accept the part of them thats angry, hurt, and hateful.

In MANY guys in SA that have done their 4th step and are doing just fine...

Of course people are doing fine. But there's so much more than just fine. There's ACCEPTING all our parts and feelings and learning to **love all of ourselves**, including uncomfortable parts of us that may be hateful, be resentful, want to hurt someone, are angry, want to watch porn etc.

Because always remember, if we cant accept a part of our self, then its impossible to accept that same part in someone else. For ex: if we cant love the part of ourselves that wants to watch porn, we will never be able to embrace and love the part of someone else that wants to watch porn. And if we don't love the part of a person that wants to watch porn then we aren't really loving him, because we are only 100% loving him, if he doesn't watch porn. That aint love.

Lets start loving for real!!!!!!! #reallovestartswithselflove#everyparteveryfeelingeveryexpierece

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Re: A supportive space to vent and share your feelings
Posted by Human being - 02 Dec 2022 09:07

What a disaster this night has been. For starters I didn't learn a word today. That always makes me feel empty. Then i sat down to watch the team i follow occasionally, and they lost big time. I was really angry. Not only that, I had 2 beers while I was watching the game.

So i left the bar were i was watching the game very tense and upset just steaming with tension and still a tiny buzzed (legal though. My abs levels were under .08). On my ride home I passed by an adult store. I have gone into adult stores before. I had so much tension inside, that I turned around and went back to the shop. I just sat outside the store in my car. Thank god I'm no longer addicted as much as before, so I was able to "pass up the opportunity" and start driving home -thank you Hashem.

then..... sirens..... and cops pull me over. On my way to turn around and head back to the store, i had made a left turn out of a parking lot, and the thing was, I didn't realize there was a

Re: A supportive space to vent and share your feelings
Posted by Hashem Help Me - 02 Dec 2022 12:26

For someone with your history to experience so much tension and make the statement "I'm not masturbating and I'm not going any farther down the rabbit hole" is incredibly heroic. Keep it up tzaddik! May Hashem help you out of all the agmas nefesh this experience caused - (and be advised there are guys that have good track records fighting tickets that can stand in on your behalf that don't need to know where you were going).

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 02 Dec 2022 14:10

You are a hero!!! Look what you resisted under such very difficult conditions! What will you do next time, you ask? Fight like hell like you did this time. You are doing great!

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Re: A supportive space to vent and share your feelings
Posted by Hashemschild.1 - 02 Dec 2022 16:57

[Human being wrote on 02 Dec 2022 09:07:](#)

What a disaster this night has been. For starters I didn't learn a word today. That always makes me feel empty. Then i sat down to watch the team i follow occasionally, and they lost big time. I was really angry. Not only that, I had 2 beers while I was watching the game.

So i left the bar were i was watching the game very tense and upset just steaming with tension and still a tiny buzzed (legal though. My abs levels were under .08). On my ride home I passed by an adult store. I have gone into adult stores before. I had so much tension inside, that I turned around and went back to the shop. I just sat outside the store in my car. Thank god I'm no longer addicted as much as before, so I was able to "pass up the opportunity" and start driving home -thank you Hashem.

It seems that Hashems loves you soo much that he even tried to uphold you from going to the adult store!. He sent police to that area, He put a median right over there, He made sure you shouldn't notice it, He made sure you shouldn't take a diff way to the adult store put instead make a U-turn so the cops should hold you from going there.

Hasehem LOVES YOU and he's trying to show you how he's helping you overcome these desires. He sees your hard work and is definitely shepping nachas from you!!

Stay Strong!!

Git shabbas!!

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Re: A supportive space to vent and share your feelings
Posted by Trouble - 02 Dec 2022 17:25

[Hashemschild.1 wrote on 02 Dec 2022 16:57:](#)

[Human being wrote on 02 Dec 2022 09:07:](#)

What a disaster this night has been. For starters I didn't learn a word today. That always makes me feel empty. Then i sat down to watch the team i follow occasionally, and they lost big time. I was really angry. Not only that, I had 2 beers while I was watching the game.

So i left the bar were i was watching the game very tense and upset just steaming with tension and still a tiny buzzed (legal though. My abs levels were under .08). On my ride home I passed by an adult store. I have gone into adult stores before. I had so much tension inside, that I turned around and went back to the shop. I just sat outside the store in my car. Thank god I'm no longer addicted as much as before, so I was able to "pass up the opportunity" and start driving home -thank you Hashem.

then..... sirens..... and cops pull me over. On my way to turn around and head back to the store, i had made a left turn out of a parking lot, and the thing was, I didn't realize there was a median (about three inches high) separating both the east bound lanes and the west bound lanes. I didn't see it because it was very low and from the parking lot were i had been, it blended

make a U-turn so the cops should hold you from going there.

Hasehem LOVES YOU and he's trying to show you how he's helping you overcome these desires. He sees your hard work and is definitely shepping nachas from you!!

Stay Strong!!

Git shabbas!!

the time has come for a vacation from gye; the vibes aren't good for me. take care good fellows.

troublescall@outlook.com a"h - the call that is

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