

Accountability & Vulnerability

Posted by parev - 28 Jan 2024 11:27

---

I am planning on going to the israeli english speaking SA conference tomorrow iyh. Thing is that the last few conferences were huge emotional triggers for me. Some soul searching revealed my biggest MO - loneliness and insecurity. Although I made fun of the phenomena for years I am embarrassed to admit but I now understand why women always need 'to go with someone' to an event. Yes me the loud knaker who knows everyone and can schmooze with anyone feels alone and needs friends. So hesitantly i asked someone if i can be their conference buddy [tag along? how cringe]

Either way want to bring it out to the light, and report afterwards how it went IYH

Thank you so much for this safe space!

=====  
=====

Re: Accountability & Vulnerability

Posted by true\_self - 28 Jan 2024 18:21

---

When your buddy gets busy you can come over to me.

**Warning: Spoiler!**

=====  
=====

Re: Accountability & Vulnerability  
Posted by parev - 29 Jan 2024 16:18

---

It was good to see you trueself and your cutie baby!

BH was well prepared re loneliness, made my self vulnerable and asked people to sit with me, surrendered the fact that its ok to be lonely and made amends with the woman who we kept each other company last time...

Alot of shame and fears regarding the cheating I did on my wife, that she doesn't know about, but grateful for all the insights and courage to change that will inspire me as the dust settles!

Super grateful to my HP for the serenity to be proactive of my actions and leave a little early without worrying about fomo.

Thank you GYE for the support [esp shmuly!]

=====  
=====

Re: Accountability & Vulnerability  
Posted by Grant400 - 29 Jan 2024 22:36

---

Parev, the key is to stick to one thread for everything related to you that way we can get to know you!

Looking forward: )

=====  
=====