

life is a such a bear

Posted by neshomo kedosha - 17 Jan 2025 00:41

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I feel so depressed. I feel like I will never get normal and snap out of my problems. I need therapy but my wifes in therapy and we cant afford more, not managing to source more money from rabonim. I need so much freaking therapy, I have sexual problems and emotional issues, will take such a long time to sort them all out. Right now I am not connecting with wife properly, wish I could fix up my marriage more but I feel so grumpy the whole time. dont see any obvious end to this. Except grumping on through it all. Sorry for the rant I'm feeling pretty down right now no point in hiding it may as well write it as it is.

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Re: life is a such a bear

Posted by stopsurvivingstartliving - 17 Jan 2025 00:43

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Honesty is a great first step. Your probably not down for any cheesy chizuk so all I will tell you is I feel for you and hope you will see some light.

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Re: life is a such a bear

Posted by thegrave - 17 Jan 2025 03:41

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Here's a book that was recommended for me I personally never read it but if you're interested in doing some therapy on your own you can try it. its called; Self-Therapy: A Step-By-Step Guide to Creating Inner Wholeness Using IFSby Jay early

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