

Jeff speaks

Posted by Jeff B - 17 Jan 2010 14:01

I need to update, I've been clean now for 7 and a half weeks the first 6 weeks were incredible I was really connecting to hashem on a whole new level, I've never been higher for such a long period. But now I've crashed, I didn't watch porn or masterbate thanks to the filters I installed but my connection with God is gone, I got into a huge fight with my wife and I'm so far in the dumps I don't know how to get out of it. I'm afraid that if I don't get back up soon I'll lose everything. Anyways thanks for listening.

Jeff

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Re: Jeff speaks

Posted by imtrying25 - 29 Jan 2010 10:11

Hey Jeff! One day youll learn how to give back?? Wrong!! By posting you are already giving back!! You never know who is reading your posts and what he/ she is gaining fro them. Sorry to hear about your fall but your donig great. Falls dont determine how well we are doing. Its our attitude. And your seems great. Have a great shabbos. Hoping to hear from you!

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Re: Jeff speaks

Posted by Jeff B - 14 Feb 2010 22:06

I've been in a very weird place lately, and have been avoiding the forum. I really want to try and figure everything out so I'm breaking the ice and saying "Hi"

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Re: Jeff speaks

Posted by sonicReducer - 14 Feb 2010 22:29

Hi Jeff,

I hope wherever you're holding right now you're doing okay, feeling better, doing better, looking upwards!

I'm quite similar in that I'm also very private, withdrawn and quiet - but I've found the forum to be an absolute goldmine for support, chizuk and discussion.

Whatever it may be.

I had a fall today after 7 weeks clean, and my family life at the moment is a big mess. But I have to say the forum has been an amazing support - I don't think I would've handled things as I had without the amazing chizuk and support of everyone here.

I'm not saying that you have to open up about everything - but that we're all here for you, whatever is going on. There is genuine care and concern here - we are all yidden, we are all family and soldiers in an army, fighting for H-Shem.

We're here to help, as much as you'd like :D

hatzlacha rabba!

sR

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Re: Jeff speaks

Posted by Ineedhelp!! - 14 Feb 2010 23:10

[Jeff wrote on 14 Feb 2010 22:06:](#)

Thanks for stopping by, Jeff. Can you describe this place? The last time said that someone told me I was in a place called "Sesame Street"???? Weird no? ;D ;D ;D ;D ;D ;D ;D ;D

-Yiddle

Re: Jeff speaks
Posted by silentbattle - 15 Feb 2010 03:33

I know that for me, as well, opening up here has helped me tremendously, in so many ways - not least because it forces me to stop and figure out just where the heck I am!

Re: Jeff speaks
Posted by imtrying25 - 15 Feb 2010 11:55

Jeff!!!!!!

Weird place??

Im there all the time!!!! :D :D :D

JK!!!!!!

Have a super day!

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Re: Jeff speaks

Posted by silentbattle - 15 Feb 2010 18:59

Um...IT - for you, it's weird *because* you're there!! :D :D

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Re: Jeff speaks

Posted by Jeff B - 15 Feb 2010 23:50

Thanks for all the replies, it's really nice knowing I have where to turn to.

My weird place is hard to describe but I'll try, I read an article by dr. Sorotzkin which I found on the site. He speaks about the sex addict not receiving emotional support at home and therefore finds a self soothing method to comfort himself. So I very much relate to his ideas, I never had a connection with my father (we are both the quiet types and while I love him he was never emotionally there for me) and I just couldn't talk with my mother about most things so I turned inwards. With this new knowledge I started contemplating the events from my youth for which I didn't get the support I needed and I'm trying to come to term with them and looking to G-d for comfort. All this has left me feeling very..... I can't really describe it and I can't tell if it's a healing experience or a plain old painful one. I'm going to stop for now but I hope to continue soon.

Once again thank you all so much for being here for me.

Jeff

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Re: Jeff speaks

Posted by silentbattle - 16 Feb 2010 00:32

Glad I can be here...Sometimes we need to face the pain that's already inside of us before we can move forward. And it feels painful, yes, but really - the pain has been there all along, even if we've been ignoring it, and putting band-aids over it.

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Re: Jeff speaks

Posted by imtrying25 - 16 Feb 2010 12:45

[silentbattle wrote on 15 Feb 2010 18:59:](#)

Um...IT - for you, it's weird *because* you're there!! :D :D

:D :D :D

Jeff keep it up. were rooting for you!!

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Re: Jeff speaks

Posted by silentbattle - 16 Feb 2010 14:08

OK, 1) You didn't say that (though it may have been self-understood), and 2) I thought *I*'M the king of NY for now?!

Posted by imtrying25 - 17 Feb 2010 12:19

Sorry your right. if i needed a parrot i would of went to the gan hachyot!!

[illegible]

Posted by silentbattle - 17 Feb 2010 15:59

:D Gee, thanks!

Reb Jeff, how're you doing?