

**HELP-SOS**

Posted by pinokio - 27 Jan 2011 17:35

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Shabbos is coming. This holy day unfortunately always throws me into depression. don't have time now to explain why, but point is its starting to set in my little brain right now.

I need support from any hands on deck at GYE. Im working on the inyun and am not gonna fix it overnight, but i just need a little friendship to keep me till motzai shabbos. Not embarrassed to say, and Im anyways gonna decide now that i wont let my feelings get out of control, hashems with me, and everything will be alright. ill be besimcha as best as i can. this isnt gonna be some amazing profound 100page thread, its just right now i need a little, yeah, you know already.

Ive gotta log off but will check later.

Help.

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Re: HELP-SOS

Posted by Dov - 05 Apr 2011 15:53

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[tzaddik90/Special Weapons And Tactics wrote on 05 Apr 2011 15:30:](#)

you know the type of military guy who is too nervous and always carries a machette with him when he goes to buy milk? i'm one of those. so i know it is a salute, but you know what im saying. I even have a bad habbit of carrying my knife, that i put away last friday. its out of habbit, really.

Yes, some still carry their rubber-duckies everywhere they go, too.

Squeak, squeak!

[quore]FRIENDS:

someone sent me the following:

"what you wrote about sharing the gory details on GYE versus SA is very true.

at SA people will gain from hearing you being honest and from rebounding from low levels

on GYE people who never entered that zone might get ideas or a twisted 'permission' (if he did it, so can i)

of course there are probably more people on GYE who have more serious issues than P'M, but unless they are up front about it then there is precious little to do about it."

thank you, mrs. wormwood.

you hit the spot.

[/quote] Dear Calvin,

Many I meet here start to talk like it's a big chiddush that they really have a looking-at-schmutz problem. Then after we get to know eachother and it comes time, they sdmit they are doing far worse - or if not, they at least admit the sick types of schmutz they are using - or at least they admit all the horrible lies they have told to their jobs, wives, and friends to hide what they are doing.

Nu. I still believe that the majority of guys on GYE - especially among those just looking at it - really just have a rather "mild" porn and masturbation problem. But while we real sickos need to maintain decorum and discretion, we must also have a way to be totally honest and certainly to quit covering up. For if we do not, it will kill us. Really.

We need to daven for seichel, seichel...

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Re: HELP-SOS

Posted by Me3 - 05 Apr 2011 16:11

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I'm not sure if there is such a major difference between the guys with the porn and mast addictions and the guys who have acted out live other then the guys who stay in front of the computer have less guts.

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Re: HELP-SOS

Posted by pinokio - 05 Apr 2011 17:00

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me3,

oy me3....

you remind me of area 51-,many ppl think the stuff is too dangerous for all to see, but it's really there at the same time,

thanks (i know u may not understand that gibberish unless under the influence of gin and cofee, but t'was a compliment)

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Re: HELP-SOS

Posted by ben durdayah - 05 Apr 2011 18:13

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Look Tzaddiko, OK Avi if you insist...

I can handle all of those concepts that you mentioned (which I am surprised that Kedusha didn't butcher for cleanliness). That's okay, I can still look at you as a decent human being...

But Gin? You drink Gin? That's it, you are definitely ***[i][size=6pt][color=red]***

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Re: HELP-SOS

Posted by pinokio - 06 Apr 2011 09:01

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YES

but only if his heinyness has a serious interest, and writes to me first, and reciprocates likes he used to

ahhh, those were the days,,,,what happened to them?....

ball's in your court honey

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Re: HELP-SOS

Posted by pinokio - 06 Apr 2011 09:07

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and i am still unforgiving about the:

ugh

hgu

ghu

uhg

guh

hug

that you didnt give me in the street, i am NOT easily pacified about these things

ball's in ur court sweetsiepool

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Re: HELP-SOS

Posted by ben durdayah - 06 Apr 2011 10:48

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Could you *p/lease* knock off the name calling and just call me threecepio (3-CPO) like you used to back in the day?

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Re: HELP-SOS

Posted by pinokio - 06 Apr 2011 12:02

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3cpi-o,

its good to hear you again

liross oscha kimikabeil pnei hashchina

panecha kilivana, katnus, gadlus,

yehoshua kilivana, malchus,

from Malchus we get back up to keser

let's rock the rest of this week up with some mad simcha and chizzuk like the old times!!!

zem?

bards?

lets get this party going....

youre all invited

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Re: HELP-SOS

Posted by the.guard - 06 Apr 2011 12:23

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[tzaddik90/Special Weapons And Tactics wrote on 03 Apr 2011 09:01:](#)

God, do you have gchats with people? i had some questions....Eliyahu doesnt come to brissim no more, he does skype

[www.aish.com/h/pes/mm/Passover\\_Google\\_Exodus.html](http://www.aish.com/h/pes/mm/Passover_Google_Exodus.html)

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Re: HELP-SOS

Posted by Blind Beggar - 06 Apr 2011 12:48

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Anyone on the Forum who can access You-Tube, please raise your hand.

[www.aish.com/h/pes/mm/Passover\\_Google\\_Exodus.html#jwplayer](http://www.aish.com/h/pes/mm/Passover_Google_Exodus.html#jwplayer)

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Re: HELP-SOS

Posted by ZemirosShabbos - 06 Apr 2011 14:35

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i heard my name being called, i am not a cohen or a levi, just barely a yisrael so either maftir or shishi please

mad simcha and chizuk = Calvin and Hobbes at the Kosel or Nanach's at Pizza Uri?

(Tzadik, next time you change your screen name i think 'mad simcha and chizuk' sounds nice, especially for the yellow-bellied American's who spend their days on the couch in their undershirts drinking beer and ~~watching TV~~ scrapbooking and don't go for the gun-running and revolutionary spirit)

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Re: HELP-SOS

Posted by pinokio - 08 Apr 2011 07:31

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much to say, must go in twon minutes to meeting

god jabbed me in the ribs many times this week with high level tzarros, family related

i didnt post it

i'll tell you why, in too short words

my whole life ive been dependent on others for chizuk

i know everyone needs chizuk,

but i also need to learn that whenever something happens, i CAN be independant

i dont NEED to impulsively out of fear post and ask s/one for help

im a big boy, i gotta grow up, life is not easy sometimes ,and i gotta be independant

i do have fears right now, but i gotta such em in and work on it

maybe will share them later for all of us to gain, please remind me if i forget....

just have a good shabbos

just keep growing

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Re: HELP-SOS

Posted by ZemirosShabbos - 08 Apr 2011 15:16

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sorry to hear about the tough stuff

good to see your name on GYE

wishing you the strength you need and believing that you have it

keep on rocking

i don't know if being independent is quite all it's made out to be....

everybody needs a shoulder, an ear and a ~~Budweiser~~ kind word

have a great shabbos!

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Re: HELP-SOS

Posted by pinokio - 10 Apr 2011 12:26

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getting knocked up by tzaros, entering orbit of Neptune by now...

briefly,

High fever, found out s/one close to me is \*\*\*\*\*, and more.

Learning powerlessness the hard way- but in hindsight it'll be worth it.

Starting doing first step on friday, after SA meeting

then, i tried to do s/thing for my wife erev shabbos, kept getting stopped and she was upset i didnt do it-powerlessness

friday night i was gonna spend time with my wife finally after whole week, and kid starts screaming, kept us busy that night-powerlessness in leisure

then power went out, had to put kids in the bed to stay warm (plus son was sick) and it was a night of no sleep mamesh-powerlessness in sleep

Then, had nightmare of Arabs taking over J-lem, c"v, and grabbing me, even with my knife they got me-powerlessness in fighting

then i got high fever which i have now, -powerlessness in health

God, i think i got it now. Thanks! I haven't slept in two nights, wife upset

i am sober as a cosmonaut, but getting pretty banged up here

in all the above situations i handled it terribly, and it drove me nuts

I AM powerless

I am.

Y P (famous addiction therapist) explained me the serenity prayer, that the ONLY think i can change is how i view things, not anything else, not nec. myself, and not whats around me

this itself is what got over 2 million sober in AA fellowships in 180 countries

what do i say now?.....

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