

M'ives Lo Yichol Liskon (K'heles alef, Hei)

Posted by Startingnow - 22 Dec 2016 02:22

Sholem V'brocha,

Thanks to GYE for providing this outstanding one of a kind self helping service. Mi K'amchu Yisrol.

me being here is a very big step towards getting to the next level of breaking and changing my bad habits and being able to hopefully overcome (not break free) my aggressive pattern which has created a history to full of dirt and very little good, Lots of shame and little pride, tones of resentment but MANY THINGS TO BE THANKFUL FOR.

To go back from start, breaks my heart, to much guilt, and regression has been build. although i got very little ground i have made the commitment to stay bound, trying is better then dying but Action is making the reaction.

i'm struggling with Phone Sex. there is a lot to talk about it but will come back to it another time since i am forced to stop right now

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Re: M'ives Lo Yichol Liskon (K'heles alef, Hei)

Posted by Markz - 22 Dec 2016 03:22

Shulem Aleichem

Vi lang de lichtele brent ken men alles farbrengen, biz m'kimt tzu Guardyoureyes

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Re: M'ives Lo Yichol Liskon (K'heles alef, Hei)

Posted by HayomYom - 22 Dec 2016 15:11

Welcome,

Your 'topic' sounds scary. But as the great R' Nachman says:

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Hatzlacha

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Re: M'ives Lo Yichol Liskon (K'heles alef, Hei)

Posted by gibbor120 - 22 Dec 2016 22:19

Welcome! Check out the handbook. We look forward to hearing more from you.

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Re: M'ives Lo Yichol Liskon (K'heles alef, Hei)

Posted by YidFromMonsey - 23 Dec 2016 14:30

Welcome brother, you're in the right place! Wishing you lot's of hatzlocho

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