

is life worth living??

Posted by hurtandinpain - 05 Oct 2011 20:31

I'm new here. i wanna ask anyone with SSA, is it worth living life this way knowing that you are different and will never be happy?? or did you find ways to be able to live through it. I'm 31 married and have been struggling with this for 20 years. I was mollested by an older brother for many years as a child and teenager. does that have anything to do with this? its becoming harder and harder to live this way. have had my ups and downs trying to stop aqcting out. had sometimes where i stopped for a few months and then went back to it full force. now im clean since before slichos. wonder how long it will last. i think i would rather be dead then i see how selfish i am!! i have a beautiful lovely wife and the most adorrable kids and they dont

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Re: is life worth living??

Posted by tehylimzugger - 26 Oct 2011 14:28

START TRUCKING

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matter???? im really sick

Re: is life worth living??

Posted by JackAbbey - 26 Oct 2011 14:35

he is HURT AND with PAIN

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Re: is life worth living??

Posted by mynisayon - 26 Oct 2011 19:11

Focus on the good. U said no for very long, and that is great I think striving for perfection in the beginning with our issues is not realistic. Be proud of what u accomplished and remember Hashem loves you no matter what and appreciates the effort u put in these last months. Look at the big picture and keep up the effort. You are doing fine!

MN

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Re: is life worth living??

Posted by hurtandinpain - 26 Oct 2011 19:15

if he would love me he would take it away from me..... or is this apikorses??

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Re: is life worth living??

Posted by gibbor120 - 26 Oct 2011 19:19

[hurtandinpain wrote on 26 Oct 2011 19:15:](#)

if he would love me he would take it away from me..... or is this apikorses??

It's like saying "if my parents loved me - they would... let me eat candy all day, not make me go

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Re: is life worth living??

Posted by mechazek - 26 Oct 2011 19:22

hi hurt i hope you feeling better been there and it hurts.It might help to spell out to someone what exactly you did that it is easier to move on from it.with great love.

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Re: is life worth living??

Posted by hurtandinpain - 26 Oct 2011 19:23

little different. the pain is way too much to handle. just take away the nisoyin, not having to fight 24/7. look, i failed for 18 years. will fail again. will burn in hell for everytime i fail. what makes you think that now i "will" be able to handle it. i think the only solution is to die.

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Re: is life worth living??

Posted by mynisayon - 26 Oct 2011 19:29

Hashem gave us this handicap not unlike any other person who lives with a handicap. Hashem gave this to us for a reason. I don't know what it is but I do know that we need to trust Hashem that he does things for our ultimate own good.

Someone who can't walk may at times feel like its too hard to live like that. He can get depressed about his handicap and that will hold him back from enjoying life or he can make the best of it and try to not let this handicap hold him back. I too suffer from SSA and I know the struggle first hand. I also let it get me down at times so I know its not easy having a positive attitude but ultimately I think that is our key even if at times its very hard...

I know now its an especially hard time but we are here for u and more importantly so his Hashem. He loves u and no he has not set u up to burn in hell. He knows ur struggles and he knows that while the Yaitzor hora is too tough right now for u, ur heart is in the right place. That is the starting point and maybe thats what hashem wants from u now. Baby steps but never feel like bad guy. U r in a very tough situation and considering U r doing fine!

MN

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Re: is life worth living??

Posted by gibbor120 - 26 Oct 2011 19:44

[hurtandinpain wrote on 26 Oct 2011 19:23:](#)

little different. the pain is way too much to handle. just take away the nisoyin, not having to fight 24/7. look, i failed for 18 years. will fail again. will burn in hell for everytime i fail. what makes you think that now i "will" be able to handle it. i think the only solution is to die.

There are plenty of people here that failed a lot longer than you and did much worse things than you. You have been here less than a month (according to your registration date). Other people have recovered, you can too.

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Re: is life worth living??

Posted by JackAbbey - 26 Oct 2011 20:22

why burn in hell?

one thought of remorse can remove the actual sin

hashem does not make ANY mistakes at all, he doesnt forget about anyone

you and your whole life, the whole aspect of your being, and everything around you right now at this moment, the way you grew up, your challenges, your friends etc... everything is exactly the way hashem wants it to be

and everything is the best possible, not just that thats the best so tough with it, no no, everything is actually in your favour, how many times do we look back and say, now i can see that this particular aggravation was actually the best for me

its not easy, but we are here for a mission, we are here for a duty of care, dying wont help, we will come down again to finish our mission, so with each and every challenge that you pass successfully, you fulfill hashems will

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Re: is life worth living??

Posted by alexeliezer - 26 Oct 2011 20:40

[hurtandinpain wrote on 26 Oct 2011 19:23:](#)

look, i failed for 18 years.

I failed for over 30 years. Then I learned that fighting will never work. At least not the fighting I did up til then.

I'm going to keep saying this. You need to get into *recovery*. Stop fighting. Take a huge load off your shoulders. Recovery is a whole different approach.

With love,

Alex

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Re: is life worth living??

Posted by Gevura Shebyesod - 01 Nov 2011 02:33

Hi Hurt,

How's the trucking?

[Quote from: hurtandinpain on October 26, 2011, 02:23:43 PM](#) little different. the pain is way too much to handle. just take away the nisoyin, not having to fight 24/7. look, i failed for 18 years. will fail again. will burn in hell for everytime i fail. what makes you think that now i "will" be able

to handle it. i think the only solution is to die.

We all wish it would "just go away", but we can't know Hashem's chesbonos. He put us here this way for a reason, we are a part of His master plan. But everyone gets the Kochos along with their tests. And He knows we are human, and does not expect instant perfection. All He wants is honest effort and a will to improve. And like Shmeichel says, there are no shortcuts, we need to finish the job. And one dday we will look back and see how beneficial it was for us.

Keep On Trucking, we are right here with you (look over in the next lane, that's me in the red and blue truck with the big tires ;D) Gevura!

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Re: is life worth living??

Posted by bardichev - 01 Nov 2011 03:30

Hurtandinpain

Scream fell!!shme!!

Get off the floor

Hop on the truck

We got room for u

Keep on trucking

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Re: is life worth living??

Posted by Gevura Shebyesod - 01 May 2012 03:14

[Kedusha wrote on 06 Oct 2011 13:48:](#)

[Kedusha wrote on 05 Oct 2011 21:29:](#)

I suppose this is not the whole article?

<http://hakirah.org/Vol%2012%20Goldberg.pdf>

No, that's only the first two pages ["It is our policy to put the full text of the articles onto our web site only after the next issue becomes available. Only the first two pages of the articles in this, the current issue, are available for viewing"].

The full article is 19 pages long.

The entire 19 pages are now available to read.

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