

Wishing to Find the Real "ME"

Posted by wishing for the real me - 20 Oct 2011 07:18

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Hello, I am wishing to find the real me.

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 16:09

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I sent it from here.

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Re: Wishing to Find the Real "ME"

Posted by tehylimzugger - 25 Oct 2011 16:10

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[TehylimZugger wrote on 25 Oct 2011 15:54:](#)

wishing: did you read the handbooks?

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Re: Wishing to Find the Real "ME"

Posted by Gevura Shebyesod - 25 Oct 2011 16:19

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[wishing for the real me wrote on 25 Oct 2011 05:09:](#)

I read your story and so related. No friends, was abused physically, emotionally, and sexually by

my classmates. Much younger then you. Attraction to both sexes. No one to talk to. Rather have who to talk to, but they don't help, so what is the point? If you know of a doer let me know. Someone that doesn't just listen, but actually does. I have turned into an abuser, scared of who I have become. Seeking a change.

What do you mean by a doer? We can listen, sympathize, encourage, offer suggestions, etc. But only YOU can do for yourself. We each do for ourself, and you can learn from our examples, but only you can do for you.

It sounds like we may have a lot in common. If there is anything that you want to share in private you can PM me (or anyone else you are comfortable with).

Much Hatzlacha,

Gevura!

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Re: Wishing to Find the Real "ME"

Posted by alexeliezer - 25 Oct 2011 16:23

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By your classmates!

I can't imagine anything more humiliating.

So sorry this happened to you.

So sorry abuse happens to any helpless child (or woman).

You're obviously going to have big time issues with trust and friendship.

We can't change the past. It's good to talk about it and bring it all out. If you've already done so

with a therapist or someone else, then the next step is to start recovering and start living.

Your situation is further complicated by your porn addiction. Even without a history of abuse, this addiction alone can suck the life out of us, making life's real pleasures seem empty and dull. This is where GYE can be most helpful. You can recover from this addiction, and hopefully it will be a springboard to further emotional growth.

You have your work cut out for you. I believe you can do it. One step at a time. Start by davening, ask Hashem to help you find your pathway out.

Here,

Alex

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 16:30

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There is a lot more then what I mentioned going on. Porn addiction is just a tip of the iceberg. There is only a certain amount that I can do on my own.

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Re: Wishing to Find the Real "ME"

Posted by tehylimzugger - 25 Oct 2011 16:31

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[TehylimZugger wrote on 25 Oct 2011 16:10:](#)

wishing: did you read the handbooks?

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 16:44

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No

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Re: Wishing to Find the Real "ME"

Posted by tehillimzugger - 25 Oct 2011 16:52

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[guardureyes wrote on 24 May 2009 20:17:](#)

These are tools that we in the GYE community have gathered together - through hundreds of people's experiences over the years. These tools can help anyone, no matter what stage of addiction they might be at. Whether someone is just struggling a little, or whether they have tried countless times to break free with all types of advice and tricks, these handbook will be able to guide them on the right path. (See below for links to the handbooks).

Basically, it seems you've been going through this cycle of addiction for a number of years already... getting up, falling, getting up, falling. **We could offer you lots of Chizuk, but it would last a few days and then wear off again. Instead, we want to help you in a way that will be much more effective and systematic. By reading the handbooks and exploring what tools you've tried and which you haven't - we can work together and discuss your battle plan (along with the others on the forum) step by step, tool by tool.** This will give us a clear "Framework" to work in, and will help you make progress, slowly but surely, **for the long term** - and not just some chizuk that will quickly wear off...

We are here for you and we will do our best to offer chizuk and help you along **for as long as it**

**takes**, but let's do it within a systematic framework so that the progress can be outlined and mapped, and you will finally be able to break free of this endless cycle of addiction...

**Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.**

**1) [The GuardYourEyes Handbook](#)**

*This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!*

**2) [The GuardYourEyes Attitude](#)**

*The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...*

**May Hashem be with you!**

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Re: Wishing to Find the Real "ME"

Posted by alexeliezer - 25 Oct 2011 16:54

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[wishing for the real me wrote on 25 Oct 2011 16:30:](#)

There is only a certain amount that I can do on my own.

OK. At least do what you *can*.

What are your options for help? A live SA group? A better therapist?

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 17:12

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I am not sure.

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Re: Wishing to Find the Real "ME"

Posted by tehylimzugger - 25 Oct 2011 17:15

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 17:18

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your cute no

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Re: Wishing to Find the Real "ME"

Posted by wishing for the real me - 25 Oct 2011 17:26

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I got whatg I needed here, so Im leaving

Thank you.

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Re: Wishing to Find the Real "ME"

Posted by Gevura Shebyesod - 25 Oct 2011 17:37

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Best of luck whatever you do.

Gevura!

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Hey don't run away so fast! And you didn't even make Hero Member yet