

I'm going crazy

Posted by serpent - 25 Oct 2013 21:30

I can't get out of this craziness! I don't know what to do. It is destroying all my time!

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Re: I'm going crazy

Posted by cordnoy - 25 Oct 2013 21:38

welcome aboard!

in order for people to give advice, you need to say what the issues are.

what have you done to stop?

why would you like to stop?

some things might be obvious to you, but when written down, it becomes clearer to you, and gives others the opportunity to respond.

b'hatzlachah

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Re: I'm going crazy

Posted by reallygettingthere - 25 Oct 2013 22:15

[serpent wrote:](#)

I can't get out of this craziness! I don't know what to do. It is destroying all my time!

Dude. Relax.

Take a deep breath.

(1... 2... 3...4...)

(exhale)

Now, tell us a little about yourself and your struggles.

My name is Eli and I am slowly learning how to get my life back.

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Re: I'm going crazy

Posted by gibbor120 - 25 Oct 2013 22:37

WELCOME serpent! You have come to the right place. Read the handbook, try some tools, share your struggles... Things can get better.

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Re: I'm going crazy

Posted by airmale613 - 25 Oct 2013 22:40

Hey man, I joined today as well. I'm with you. You aren't alone.

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Re: I'm going crazy

Posted by reallygettingthere - 25 Oct 2013 22:50

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you guys are definitely not alone

Re: I'm going crazy
Posted by tryingtoshteig - 25 Oct 2013 23:30

Hi Serpent, welcome!

Tell us a bit about yourself.

Nice meeting you, looking forward to getting to know you better.

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Re: I'm going crazy
Posted by ddmm11219 - 27 Oct 2013 18:30

Shulem Aleichem to this Holy Kehile, where er are all in the same problem, and no ur not alone,
and with ?????? ?????? we will get helped and healed

just start ur focus on a Day at a Time this is the 1st key to keep it up

we will keep iy"n in touch, and please keep us posted

Ur Friend in Same Situation from Boro Park, looking fwd to see u around here

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Re: I'm going crazy
Posted by Dov - 28 Oct 2013 08:44

[serpent wrote:](#)

I can't get out of this craziness! I don't know what to do. It is destroying all my time!

Well, you are starting off on the right foot now, serpent...hey, what kind of name u pick for yourself like this> Serpent is not nice. Pick a sweeter name, you are a good fellow who posts on GYE and tries doing something different instead of just the same porn and masturbation cycle and hiding alone. Blech, the loneliness is so yucky. But you are coming out of the shadows!

That's great! Good for you, brother!

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Keep posting chaver!