

need help

Posted by tovmeod - 14 Sep 2014 23:13

i need help ive tried so many times keep on falling back also have issues with depression

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Re: need help

Posted by dms1234 - 14 Sep 2014 23:40

Welcome!!!!!!!!!!!!!!

Could your issues with depression stem from you being too hard on yourself, having unrealistic expectations and not letting yourself progress slowly? Cause thats the way it is for me!

Check out: [Skep's tips](#)

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Re: need help

Posted by cordnoy - 14 Sep 2014 23:52

Welcome

It can be tough, but joinin' here is an upliftin' experience.

Stick around for some fun, chizuk, inspiration, camaraderie and more.

b'hatzlachah

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Re: need help
Posted by dd - 15 Sep 2014 00:31

WELCOME TOV MEOD (indeed)!!!

join the club. we are all in the same boat. the oilam here is an amazing bunch of guys. everyone understands, cares, helps and full of fun.

so jump into the action. looking forward to seeing you around!!!

KOL TUV!!!!

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Re: need help
Posted by Bigmoish - 15 Sep 2014 07:48

Welcome!

[tovmeod wrote:](#)

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"also" makes it sounds like they are two unrelated issues.

They may be more closely connected than you realize.

Kol Tuv

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Re: need help
Posted by Pidaini - 15 Sep 2014 16:07

Welcome!!

It took me a while to realize that even with this "problem" I am still tovmeod, I am a good man, I am not evil or bad, I am just more or less sick!

Don't be a stranger, tell us more about your struggles, what you've tried, and what your plan is for the future based on what didn't work!!

and certainly Keep On Trucking!!

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Re: need help
Posted by tovmeod - 15 Sep 2014 19:32

thanks so much for the replys it makes me feel im not alone

im now day 4 but my eyes and mind keep lusting its so hard i have alot mood swings happy sad depressed ...

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Re: need help
Posted by gibbor120 - 15 Sep 2014 20:36

WELCOME! When you say "issues with depression", do you mean that you have been diagnosed with depression, or that is the way you feel? Have you gotten proffesional help?

Stick around. There's lots of good stuff to learn here, and a fair amount of goofing off as well. You may want to check out "the depressed persons chill spot".

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Re: need help
Posted by skeptical - 15 Sep 2014 21:47

Welcome to GYE!

Can you be a bit more detailed about what you're going through?

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