

Telling others

Posted by YonitheAdamGadol - 13 Mar 2015 00:18

Here's my question: I have been clean for quite a while now, (I'm on the wall of honor B"h) and I have a few older guys (one of them is my Rebbe) who I talk to whenever I need some help (not so often). I am in Yeshiva B"h, and have a good chevra. I feel like I'm at the point where I need to tell one of my friends so that I can be accepted by someone who knows my whole story. None of them know, they think I'm a really shtark guy. But I feel like I need one guy who is my age that I can talk to, and have a friendship with, without any lies. Do you guys think it is a good idea, and a normal feeling to have? If I do go through with it, I already picked out the guy. I think this is connected to the 5th step: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

So good idea or not?

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Re: Telling others

Posted by Menachem clean by peach - 13 Mar 2015 03:05

Usually those who aren't struggling in this area have trouble understanding us... Maybe your rosh yeshiva can advise you if this friend is appropriate.

Your idea is a good one, though. Just wanna make sure it's helpful For you.

Keep us posted.

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Re: Telling others

Posted by dd - 13 Mar 2015 10:30

Hi Yoni!!!

I think what Menachem wrote is the best advice.

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Re: Telling others

Posted by cordnoy - 13 Mar 2015 15:37

If you are addicted, you do not wanna trust your mind and your decisions.

I know that for myself.

Bring a professional in to help you decide.

Perhaps your R"Y - if he is familiar with these things.

b'hatzlachah

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Re: Telling others

Posted by shomer bro - 17 Mar 2015 16:46

Actually, I've heard of that idea, to tell someone, and supposedly it helps. I haven't done it myself, but from what I've heard, it can be very beneficial. Hatzlacha!

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