

**My Story**Posted by Jwhite - 08 May 2015 00:52

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So I've been sober for almost 4 days now (The most I've been able to do in awhile) and I think a big part of that was putting energy into the forums and the website. So in order to add to that giving of energy I would like to post my story here (in more depth than my post down below a few days ago) and would really appreciate anyone asking questions to keep this going for me and for anyone who may benefit. So here goes...

I grew up in the midwest with what probably could be considered an extremely dysfunctional household. For starters, my brother is on the autistic spectrum and is prone to anxiety attacks that affect the entire family. My father probably has some minor version of what my brother has but is capable of being a working and productive individual (but with a few quirks). My mother has probably been depressed most of her life due to an extremely difficult childhood. All that being said, I am extremely grateful to Hashem for the family that he has given me. While they certainly have their issues, they always try to find the light that is hidden within dark of any given situation, and use that to become the best people that they can be, flaws and all. However, that isn't to say living with them is easy. Due to my chaotic home, and of course my own flaws as a person, I didn't really like myself. I didn't really have any sense of self worth, and that multiplied when that attitude carried over to school. All throughout elementary school I was bullied by the same group of kids. What makes the situation truly nebach is that I believed these kids to be my friends. You see, they would kind of use me as a sort of verbal (and once in awhile physical) punching bag, but as far as I was aware, these were my only friends. So I kept coming back. And that made the situation that much worse. Around 5th grade or so I stopped wanting to go to school. At first, it was maybe once a month that I would call home "sick" and leave school. By 6th grade it was once every two weeks, and by 7th grade I stopped going completely. Needless to say, I was quite a depressed fellow. And it was around this time that I started masturbating. At first I felt horribly guilty (like most of us I'm sure) but then of course I became numb to the guilt and eventually progressed to watching porn on the PSP i got for my bar mitzvah...Anyway time goes on and life continues to be challenging and unmanageable for me. Eventually I get placed into a special needs school by the board of education to complete 8th grade and continue high school there...This is where I have to stop my story for now, hopefully I'll continue later tonight or tomorrow, open to any and all questions.

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**Re: My Story**Posted by Palti-Yossef - 26 May 2015 14:04

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Hi JW,

as everybody here I was very touched by your story and your life progression.

I was wondering how things are going for you ?

Thank you for giving such beautiful life lessons !

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Re: My Story

Posted by Jwhite - 28 May 2015 03:11

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Palti- Thank God things are going well, I've had a few falls recently, but I am determined to keep trying. I started going to SA meetings and have really enjoyed them! I really appreciate you asking, thanks.

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Re: My Story

Posted by serenity - 28 May 2015 03:20

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Thanks for checking back in with us.

Hatzlacha!

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Re: My Story

Posted by pischoshelmachat - 28 May 2015 12:51

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Rabbi Jwhite

I just read through your posts and wow am I impressed. You literally define taking lemons and making lemonade. You used every one of your challenges as a spring board for improvement but moreso you recognize that in fact your challenges equip you with the tools for success. One day you will be a rabbi equipped to help people like us on this forum and you will be armed with experience, moral authority and skills to help so many.

Can I buy in on your IPO?

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