

Help needed

Posted by 6545 - 22 Jun 2015 19:43

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Hi I'm officially very frum married with children, had some tough times before I got married but once I got married I was totally clean clean for 2 years until some incident and since then I went totally down meaning boel eishes ish and nidahs unfortunately to say from the nicest frumest families too and even cool women who have open minded husbands are still looking out there now I'm struggling and trying to get back to who I was for my first two years instead of the past 3 but as long as I'm not clean it's hard to fight cause even if I tell them I wanna be clean they say ok they understand me but the next day I get a call or a text I need you I miss you etc and one that lives on my block and knows my schedule is everyday in front of my house when I come home from work winking and smiling and then I fall back I explained it to those who chase me they understand but still won't let go.

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Re: Help needed

Posted by Bigmoish - 23 Jun 2015 22:57

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Mazal Tov! Please continue sharing whatever happens, be they successes or not.

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Re: Help needed

Posted by Hatzileini Na - 24 Jun 2015 05:21

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We all have our own journey and our own exploration process to find what works for us. Some here have found the balance they need (although the struggle never completely disappears) while others are still searching.

You will definitely do the same for yourself, but I think that many people here are concerned for you and those around you. We have seen (and experienced) trying really hard and failing many, many times, and those people were dealing with far less temptation and far lesser consequence especially since here it is not just your own life that you are impacting.

I truly mean it when I say that we are pulling for you, cheering for you and praying for you. But we are also concerned about you, and about those around you. Each woman is one whose

family could be destroyed, whose kids may never respect her, who is obviously struggling with something to be engaged in this kind of behavior, who is in a deep hole. And you are handing her a shovel, just as she hands you one. Please, please do everything to make sure that the digging ends now. We speak the way we do because we all understand how vulnerable we are and want to help you rebuild your life as quickly as possible.

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Re: Help needed  
Posted by yiraishamaim - 24 Jun 2015 10:44

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Great post HN

Devarim Hayotzim Min Halev

6545- Please follow his suggestions. You will be mezakah yourself and so many others with making the right albeit difficult choice.

Ultimately you will be a happy and wholesome person who looks in the mirror and actually respects what he sees.

What's that worth to ya?

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Re: Help needed  
Posted by 6545 - 24 Jun 2015 15:08

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Thanks to all my friends here that say it's impossible I should help myself without major help that's the biggest therapy for me since I'm a kid I always loved to prove the impossibles as possibles and bezras hashem I'll succeed in this one too to prove that if there's a real way there's a way.

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Re: Help needed  
Posted by cordnoy - 24 Jun 2015 15:53

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[6545 wrote:](#)

Thanks to all my friends here that say it's impossible I should help myself without major help that's the biggest therapy for me since I'm a kid I always loved to prove the impossibles as possibles and bezras hashem I'll succeed in this one too to prove that if there's a real way there's a way.

go for it cowboy!

we are rootin' for you!

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Re: Help needed  
Posted by yiraishamaim - 24 Jun 2015 16:11

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Isn't it interesting how we get suckered into engaging in activities-be it P\_\_\_\_, M\_\_\_\_ Phone S\_\_\_\_, clubbing and physical inappropriate relationships of all kinds.

How much pain and destruction this causes us right here in this world and the next,  
all due to the fact we chose to pursue some elusive bluff.

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Re: Help needed  
Posted by gibbor120 - 24 Jun 2015 16:18

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[6545 wrote:](#)

I'll tell you a little more so you people should understand why I feel that a minor help is going to help I'm a very strong minded person  
Many of us would not be here if that is all it took. Our MINDS were screaming "this is insane", yet our bodies could not resist. Many of us are strong minded as well. The mind isn't a very good tool in this struggle.

How did you get into this mess in the first place? Didn't you have the same strong mind back then?

I apologize if the questions are too strong.

As you can tell from all the posts, we have collectively been through a lot, and want the best for each other.

[6545 wrote:](#)

that's why I feel I'm very strong stronger then most people you ever met I believe I could get through this with a little help and people to share my success and hopefully not my failures. Many of us feel the same way, yet we repeatedly failed nonetheless. I hope you are right about yourself. Keep us posted...

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Re: Help needed

Posted by 6545 - 24 Jun 2015 16:29

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I agree that's why I stated that my experience in life till now showed me that I'm different than most people in this aspect and feel free to ask and say whatever you feel is right cause we always have to do the right things in life and regarding your question yes I was just as strong minded but it didn't bother me to be this mess and now BH it bothers me like crazy.

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Re: Help needed  
Posted by 6545 - 24 Jun 2015 16:31

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First of all I'd like to say thank you to all who wished me mazel tov and may we share only simches and shmeos tovis.

I had a crazy busy schedule yesterday due to work and simcha so if I missed any message I did not mean to ignore you feel free to say or ask whatever again.

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Re: Help needed  
Posted by shlomo613 - 24 Jun 2015 17:49

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The fact is *ain chovush matir atzmo mibeis ha'asutim* and no one here believes that you won't do it again. Do you in your hear of hearts believe it's over and you won't do it again, that you have a strategy for how to go about it?

With these kind of things the discussion, guidance, feedback of a real person is crucial.

The s..t is going to hit the fan with you sooner or later, and you want to have done your best effort to make sure that such a situation doesn't happen.

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Re: Help needed  
Posted by 6545 - 24 Jun 2015 18:02

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You have a point but again I'll prove you wrong. With believing me or not. I agree I need someone to speak to in real life but doesn't have to be a human hashem is listening to me.

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Re: Help needed

Posted by gibbor120 - 24 Jun 2015 18:10

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I see no point in debating it. Please keep us posted. Time will tell.

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Re: Help needed

Posted by 6545 - 24 Jun 2015 18:26

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Totally agree that debating can lead someplace but from the feedback I get it sounds like even if be"n I'll be right and succeed and stay a strong soldier I have no problem sharing it won't be believed only if I say I went to a pro to help me.

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Re: Help needed

Posted by shlomo613 - 24 Jun 2015 19:20

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6545,

I believe I speak for everyone when I say that us guys have had enough demons of our own, the sickness of our own will to deal with, that we should be interested in being right - in taking pleasure in seeing someone go down the tube; or to be upset if we are wrong.

I have a wife and children, and enough of a busy life with responsibilities and concerns that I have the head to be so petty.

There have been plenty of people who have strong opinions or have been combative and the like; every person goes on their own journey - and no-one respects that more than us. It just happens to be that you told your story, you wanted feedback, and you got it. You can accept or discard it. It truly is your life to live, and ultimately ultimately (repetition intended) you only face yourself - so you owe it to yourself to be painfully honest, and to make wise decisions.

And just to be clear, I am referring to Gibbor120's earlier post that you talk to someone, and the other comments he made.

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