

Actualising my potential

Posted by emuna613 - 23 Dec 2015 14:41

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I'm a single, observant male, ready to settle down, get married and start a family but I can't get my head out of the shmutz! I have joined this program in the hope that a structured approach to my problem, together with hizuk from this community will help me to finally stay clean.

I'm sure that I do not have to explain the shame and effect of my behaviour on my self-esteem; how thought patterns become negative, behaviours callous, and attention deficits emerge.

This is huge step for me, and it is in no small part due to the personal stories that others have shared in this forum.

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Re: Actualising my potential

Posted by Workingguy - 23 Dec 2015 15:29

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Welcome aboard. There are really some amazing people here with tremendous experiences that can help you with advice, friendship, and support. Stick around!

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Re: Actualising my potential

Posted by Shlomo24 - 23 Dec 2015 15:31

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Welcome! You have taken a great step towards a better life. I'm sure others will post useful links for you to look up on the site.

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Re: Actualising my potential

Posted by Bigmoish - 23 Dec 2015 15:37

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Welcome

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Re: Actualising my potential

Posted by cordnoy - 23 Dec 2015 16:31

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Welcome,

Good move.

While some details should be omitted, it is important to explain the shame, effect, thought patterns, etc. from your perspective.

B'hatzlachah

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Re: Actualising my potential

Posted by gibbor120 - 23 Dec 2015 19:18

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WELCOME! It's nice to have you with us. You have taken an important first step. Check out the handbook. Keep posting. Many have been helped here. You can be too.

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