

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

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Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by Sasha 2 - 24 Mar 2016 08:57

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Re: HELP ME

Posted by shmiraachaim - 24 Mar 2016 17:19

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Hey fb... little late to your thread but glad i got to it eventually. I feel your pain. I feel it so much because i was there as well. I know the feeling of going through Yeshiva on the outside on a high but in the inside low. I was considered one of the top of my shiur for a while, and viewed as a baal midos, tzaddik, masmid, lamdin, and add on a few more. I really wanted kervas Hashem, and i had a real yearning for limod hatorah, and mussur and everything else, and i didnt know what to do with this deep dark secret. It killed me and confused me for years. So much confusion and depression. I felt lost and many times burnt out of yiddishkeit and burnt out from living. My davening and emunah was hurt like crazy and just sat in went through life in lostness and confusion I am hurting now thinking what you may be going through.

I don't have much advise to give because I am still working on myself and still struggling, but i'll throw in my two cents:

Besides my struggle with addiction, i have many struggles in life. One of them is the struggle of kavod. I like kovad. simple. eventhough my avodas Hashem isn't a complete fake, i obsess over what others think about me and my image. I felt that letting go of this helped me with my addiction because addiction has a lot to do with sheker, and becoming more emestik helps.

You seem like a very good bachar, so i felt this might be relevant to you. If not at least i was able to post on your forum! Hatzlacha and keep in mind that you can and will get better!

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Re: HELP ME

Posted by Sasha 2 - 24 Mar 2016 21:10

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[shmirashachaim wrote on 24 Mar 2016 17:19:](#)

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I'm not sure I get that, can you please explain why addiction has to do with sheker?

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Re: HELP ME

Posted by Fb2016fbt - 25 Mar 2016 04:47

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Purim was fantastic!!!

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Re: HELP ME

Posted by cordnoy - 25 Mar 2016 06:00

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[Sasha 2 wrote on 24 Mar 2016 21:10:](#)

[shmirashachaim wrote on 24 Mar 2016 17:19:](#)

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Sobriety is all about honesty. Period.

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Re: HELP ME

Posted by Fb2016fbt - 25 Mar 2016 12:31

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[cordnoy wrote on 25 Mar 2016 06:00:](#)

[Sasha 2 wrote on 24 Mar 2016 21:10:](#)

[shmirashachaim wrote on 24 Mar 2016 17:19:](#)

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Plz elaborate cordnoy

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Re: HELP ME - "Guard your lies?"  
Posted by markz - 25 Mar 2016 12:40

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Start with this

[Dov wrote on 01 Aug 2013 15:35:](#)

### **Guard your lies?**

Hi. I never started a thread before...did I? Anyhow, this is from my latest adventures with scared, hurting, newbies. Guys I can relate to so deeply, who are actually ready to call on the phone and talk with a person and use their real first names, for a change.

Hey, nothing changes as long as everything stays the same, right? What's *comfy* is certainly not the best guide for us. In fact, for me, whatever is the **opposite** of 'emotionally comfy' is a far better guide! Funny how that works.

Spoke with **five** new frummies in the past three days. Broken guys. Good men. Each broken enough to actually pick up a phone and use their real first name and real voice - a real chidush for them! - to get better. Pouring out their hearts - and I get the privilege to pour out mine with them. Guys who are frum, and yet steal away hours and a lifetime to look at our sweet porn and have sex with themselves (masturbate) as all of us here do, when we live in our problem.

Daven for them and us, please.

"How to get out?," they ask. Well, actually, few ask that. Most are pretty sure they know exactly how to 'quit'...they are convinced that their only *real* problem is **staying out of it forever**.

So most of us talk religion, talk self-control, talk gimmicks or escaping with a 'filter'. Escape from ourselves? We say we are *Guarding Our Eyes*...but are we really just *Guarding Our Lies*?

Anybody else want to elaborate on some of the safety lies we tell to ourselves, to our spouses and to the good and frum people around us? A newbie on GYE just posted the revelation that the reason his wife was about to leave him and dissolve their family was not because of '*kedusha*' issues - but because **he lies to her**. Finally, someone who sees it like it is...

I like staying sober today, so here goes:

One whopper I tell myself is that my wife **must** see me being good, to love me. So I am motivated to fake and hide whatever questionable thing I may be doing right now from her. It risks me getting 'bad press' w/her!

That's a lie. We have learned that when I do right by me, my wife sees that, my kids see that, everyone relevant sees that. And things fall into place.

So I commit to doing the next right thing...and that is getting dressed now and going to shacharis.

Adios amigos!

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Re: HELP ME  
Posted by realsimcha - 25 Mar 2016 14:53

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Powerful as always. Thanks, Markz, for reposting that.

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Re: HELP ME  
Posted by realsimcha - 25 Mar 2016 15:00

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I look forward to Cords response. Until then, just sharing my experience. The "BIG LIE" was always the lie that I told myself. (1) I dont really have a problem. (2) I **had** a problem, but its gone. (3) I have a problem but so does everybody else. (4) In the grand scheme of things I do so many other good things so I can call my life functional. And the list goes on. I have found in my limited experience, that the first step for me was to stop lying to myself and realize: (1) I have a problem. Its not going away. There are no cheshbonos, torah, vorts, or excuses that can change that. (2) The day that I forge that, or even minimize it, is the first day of a ticking time bomb leading to an explosion over which I will have little control if any at all. I hope hashem will continue to be with me, and I know that I have much less time and experience than many of you. But I hope that if I continue - for the very first time in my life - to recognize my vulnerability - EVERY SINGLE DAY - 7 DAYS A WEEK - in a addition to other tools that I have found to be helpful - that I will be posting boring posts until .....

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Re: HELP ME  
Posted by OTR - 25 Mar 2016 15:24

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[Fb2016fbt wrote on 25 Mar 2016 04:47:](#)

Purim was fantastic!!!

FB that is great to hear. Don't keep us in the dark? (Or yourself) let us know more how you're doing? Myself... I'm pretty dizzy today.. guess that's par for the day after Purim course. lol

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Re: HELP ME  
Posted by cordnoy - 25 Mar 2016 17:07

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[Fb2016fbt wrote on 25 Mar 2016 12:31:](#)

[cordnoy wrote on 25 Mar 2016 06:00:](#)

[Sasha 2 wrote on 24 Mar 2016 21:10:](#)

[shmirashachaim wrote on 24 Mar 2016 17:19:](#)

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Plz elaborate cordnoy

I always do.....Monday thru Thursday from 1:20 and on.

Step one (in honesty) is opening up to someone real, something that not everyone here does.

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Re: HELP ME

Posted by realsimcha - 25 Mar 2016 17:42

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[cordnoy wrote on 25 Mar 2016 17:07:](#)

[Fb2016fbt wrote on 25 Mar 2016 12:31:](#)

[cordnoy wrote on 25 Mar 2016 06:00:](#)

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The point of "here" is to allow (a) people who may not be clinical addicts to use the forums and other tools to improve their lives. and (b) even for addicts, to be a gateway for people into that world of "real people". Many of the "real people" that I know in SA got there through this site. Either way, dont be so down on the people "here" while you are "here". Everyone is on a journey. Including you. There are many roads as you wrote not so long ago: about 48 methods etc etc. So go easy. This site means different things to different people. Unless you are convinced that what worked for you - for now - is the only god given truth and everything else is bs

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Re: HELP ME  
Posted by Fb2016fbt - 25 Mar 2016 17:49

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Purim went well, I'm working on the first step again trying to realize that I have a sickness that won't get better without the help of hashem....

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Re: HELP ME  
Posted by cordnoy - 25 Mar 2016 18:46

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[realsimcha wrote on 25 Mar 2016 17:42:](#)

[cordnoy wrote on 25 Mar 2016 17:07:](#)

[Fb2016fbt wrote on 25 Mar 2016 12:31:](#)

[cordnoy wrote on 25 Mar 2016 06:00:](#)

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If you read my posts, you will know what I think. We were talkin' here about honesty. I stated what I think (the honest truth), nothin' more, nothin' less, and regardin' what works for me, GYE was one of the important factors.

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