

I'm betterman

Posted by betterman - 26 Mar 2016 19:12

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Hi all, my name is betterman. I have been struggling with SSA plus po\*\* and mas\*\*\*bation for a few years.

I actually acted out, and it got me into trouble, I started going to a life coach. He sometimes helps.

I would like to be a better person.

I was born christian. My parents found out where Xmas comes from, and we wound up in a messianic congregation. We left after 4-5 years, and wound up in a Chabad. We left after a few years. And we converted in a Conservative shul. But we view ourselves as Modern Orthodox.

Does anyone know how I can overcome the P & M?

I would like to work on the SSA later.

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Re: I'm betterman

Posted by peloni almoni - 29 Mar 2016 02:21

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[shmulyz18 wrote on 26 Mar 2016 20:33:](#)

hello betterman, I hope you find peace with your SSA. I also have it. I believe it is a test to see what we will do. Send me a message and maybe I can help you figure out ways to deal with it.

Shmuly

The following user(s) said Thank You: Betterman

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Re: I'm betterman  
Posted by shmulyz18 - 30 Mar 2016 00:21

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I am going to go off the highway for awhile. I do want to help people, and I know that what happened me and markz was terrible. But I have changed. If you have a problem with me, say so. This is my exit.

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Re: I'm betterman  
Posted by markz - 30 Mar 2016 00:48

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I'm ok being the bad guy, although with clear honesTea the ball is in your court to point out what was terrible

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Re: I'm betterman  
Posted by Workingguy - 30 Mar 2016 01:25

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[shmulyz18 wrote on 30 Mar 2016 00:21:](#)

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happened me and markz was terrible. But I have changed. If you have a problem with me, say so. This is my exit.

Shmuly,

Why are you leaving? It was a bad mistake, but a mistake. Work on getting over it and work on sobriety and show everyone that you really do want to get better. Leaving doesn't make much sense.

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Re: I'm betterman  
Posted by markz - 30 Mar 2016 01:42

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Gd forbid

of any words

terrible things

of anysort

**How can they**

**even be considered????**

let me please

lovingly encourage

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Re: I'm betterman

Posted by shmulyz18 - 30 Mar 2016 02:04

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What I did was stupid, and I am fed up with the SSA. I was once told I have a great Soul. I disagree, because I am a rasha. :devil:I am going to get off (again) for the Mark, I again beg forgiveness. I just want to help people become better people, and I am hoping I can be a better person myself. With this, I will see you all tomorrow.

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Ok, I'm back (for now).

Re: I'm betterman

Posted by peloni almoni - 30 Mar 2016 02:19

night and to get gas. I am running on E.

[shmulyz18 wrote on 30 Mar 2016 00:21:](#)

If you have a problem with me, say so.

yeah, i have a problem with you.

your mantra has been over and over that you want to be here to help people. well, i speak for myself, and at least a handful of others: i do not want help from someone ignoring his own insanity and addiction. he will not help me in any way. he will screw me over and threaten my recovery.

look around: markz, yesod, cordnoy, they (we) all have our own problems. when we joined, we joined because life was unbearable and we wanted to get sanity. you may have read the threads. we are all working our asses off day in and day out for our own sobriety, for our own sanity, and for ourselves to graduate each one on his own level.

and along the way, as we progress, we encourage colleagues and guide novices.

but to jump in with the mindset of "i am here to help others" while you are clearly still ill-equipped is not only ridiculous and counter productive, but dangerous, and will mess people up.

let me give you a case in point lest you think i am joking or exaggerating.

many people have asked about my disappearance over the last 3 months, how it happened, why it happened, and why i returned with my 6 months of sobriety down the crapper. well, i am not blaming anyone but myself for my bad choices, and i will not call anyone out even by the name or names that he uses on this forum and/or in his emails, but it was several antagonistic emails that made me say "i gotta get away for a while". and stuff got bad after that. i had a feeling it might.

now, that person was no doubt lost, probably new, etc., but also completely missing the whole point of this forum.

he was, in his own mind, an expert. joining to give advice, joining to help others. not joining to accept, joining to get sane, or joining to change.

no one wants help from someone not fit to give it. that can be called malpractice.

to sum it up: my problem with you is this: you want to join in order to help. i do not think there is room for that. but i would welcome someone who earnestly joined in order to get sane and sober.

good luck. tell betterman i say hi.

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Re: I'm betterman

Posted by peloni almoni - 30 Mar 2016 02:20

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[shmulyz18 wrote on 30 Mar 2016 00:21:](#)

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Re: I'm betterman

Posted by Josephsbrother - 30 Mar 2016 04:01

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A prayer for you, Prov. 4:18, a better Bet, always choose something better, yes you can, lots of help here on site.

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Re: I'm betterman

Posted by Shlomo24 - 30 Mar 2016 07:32

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I am not one to take your inventory shmulybetter, but in my humble opinion you need much more help than just GYE. You have probably been through a lot, but that doesn't justify behavior. Certain aspects of your character glare out from your posts, and I think that GYE is not going to help.

One piece of advice: self-pity and kissing up can get people to really dislike you, it cheapens your words. You can only beg for forgiveness and call yourself a rasha and quit the site for a millisecond and talk about your mother for so long. I know it pisses me off.

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Re: I'm betterman

Posted by shmulyz18 - 30 Mar 2016 10:02

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I am trying to help myself as well as others. If my help is not wanted, so be it. I don't care if I am banned, but you guys to need to chill.

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Re: I'm betterman

Posted by Workingguy - 30 Mar 2016 10:45

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[shmulyz18 wrote on 30 Mar 2016 10:02:](#)

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Ok Shmuly, I was going to chime in and say that I think everyone should chill and cut you some more slack. But then I read your old posts, saw that you had a problem and messed someone

up by talking dirty and sending a bad picture, and that you also really do ask people to PM you in most of your posts.

Now I understand better what everyone else is worked up about, and I would agree that it gotta stop saying that you want to help others. That's not the point here- the point is for us to work on ourselves, and to share what we know personally works.

It's brotherhood, not a place for someone to be a hero.

So basically, no one wants to hear that you're here to help people so leave it alone. Sit and listen and perhaps offer encouragement but not advice and maybe people will ease up. But it doesn't sound so much like you're getting it.

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Re: I'm betterman

Posted by shmulyz18 - 30 Mar 2016 14:29

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[Workingguy wrote on 30 Mar 2016 10:45:](#)

[shmulyz18 wrote on 30 Mar 2016 10:02:](#)

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So basically, no one wants to hear that you're here to help people so leave it alone. Sit and listen and perhaps offer encouragement but not advice and maybe people will ease up. But it doesn't sound so much like you're getting it.

I agree, which is why I am going to sit down and listen.

I do need to try honestea.

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Re: I'm betterman

Posted by shmulyz18 - 30 Mar 2016 17:33

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So how do I work on recovery? Should I keep trying the 90 days? Or is there something else I can do?

I know I have self pitied myself in the past, and that has to stop. So what do I do?

Does anyone have any thoughts on the dirty talk problem? I do it at school to be accepted and to fit in. I know I can't do it. Does anyone have thoughts on how to postpone the lustful urges and the lust itself?

With this I am going to get off the highway for a battery change.

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