

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 shmulyz18 - 31 Mar 2016 13:17

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Watson, How exactly do I keep a journal?

Should I start a new thread?

Mark, from now I going to brew some honestea.

I, Shmulyz18, today March 31, 2016, promise to be honest on here and in real life.

I also promise to work on my own recovery, and not to give any advice to posters.  
Encouragement only.

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Re: I'm betterman  
Posted by the.guard - 31 Mar 2016 13:51

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Shmuly, you're just in time. If you had written this tomorrow, we'd all have thought it was an April

Hey guys, Shmuly has a great soul. He is willing to admit when he went wrong and keeps trying to work on himself, never giving up.

So Shmuly, go for it! Your new plan sounds like a great path forward!

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Re: I'm betterman  
Posted by shmulyz18 - 31 Mar 2016 14:00  
fools joke

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oh yeah, it is April tomorrow, wow. Where has 2016 gone?

Thank you Guard. Now I do want some tea.

Happy Aprils Fools everyone. Don't get in trouble too much.

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Re: I'm betterman  
Posted by stillgoing - 10 Apr 2016 20:24

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[Watson wrote on 28 Mar 2016 16:05:](#)

I'm sure one day we'll all tell our grand-kids about this event.

I'm joking. That was sarcastic. Just to be clear.

Ah, we've found the first addict ever in history to have lied!

My concern is that you felt shame over your fall in the first place. I don't know if you're an addict or not, but for sure you're either a good person who made a mistake, or an ill person who hasn't yet treated his illness. Either way, no reason to feel shame, which is quite a counter-productive emotion. It's when the evil inclination dresses up as the good guy.

Shame is also a form of pride. Whenever I've felt shame it's been something along the lines of "I can't believe **I** did that! **Me**, of all people. Sure, people make mistakes - regular people that is, but not people like **me**. **I** have better standards. **I** expect myself to be perfect."

Shame is not guilt. Guilt is the healthy emotion someone feels when they've **made a mistake**. Shame is the unhealthy emotion someone feels when they think **they are a mistake**.

My advice - accept who you are and get on the truck with the rest of us bozos trying to get by.

Watson, i think that you are the second piece of regular gye advice on this entire thread. and the first since the personality merger. Good for you.

I relate very much to what watson wrote except that watson wrote that he felt that He was better than most people, and i think that it's really me who's better.

Only one thing that i would mention though, i'm not so sure that shame is so bad to have. Certainly we can't let it take us over but there have been many times that i either stopped acting out or didn't even start because of shame.

Just thought it would be a shame not to mention that.

Shmuly18, double welcome (I often feel like i have two personalities too). I hope you find the tools here to help you make those right decisions again and again.

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Re: I'm betterman

Posted by Dov - 11 May 2016 01:36

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Sad...the shmuly19 guy got way too much attention.

That's why recently I have tried to mostly respond to his posts in the third person and usually

Yeah, he can get help, but the help he needs will not come from posting on a forum. It will come in other places where he will forge real relationships with real counselors, real professionals and real people. And he has no chance of getting better as long as he is "trying to help others". None at all. As the AA's say it, "In a way, this is a selfish Program." And that is exactly the way it should remain.

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Re: I'm betterman  
regarding what others were posting to him...just like this post here.

Posted by mirror - 11 May 2016 03:44

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Hi shmuly betterman. I don't really understand what the big deal about your new name is. I actually thought that it was pretty funny that you could talk to yourself. Which name would you rather use?

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Re: I'm betterman

Posted by peloni almoni - 11 May 2016 03:51

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oboy.

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Re: I'm betterman

Posted by markz - 17 May 2016 02:19

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Shmuly it's interesting that someone recently upped your karma to -2

Can I guess who did that

hmmmm

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Re: I'm betterman

Posted by mirror - 17 May 2016 03:16

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I think it was bardichev. i'm kidding don't worry. The mods are all over looking for repeats. But let's say he gets past them somehow. G-d still runs the world. We can only do our part, but we can not jump on every squeak of the wind and think that it is a burgler.

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Re: I'm betterman

Posted by Dov - 17 May 2016 20:39

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somebody messed with your karma??

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Re: I'm betterman

Posted by Markz - 01 Aug 2016 23:49

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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

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Last I heard, you were banned. Shame. If you happen to be around please would would be so kind to put out the welcome mat to a newcomer NewJew21

**Warning: Spoiler!**

Hey Shmuly

[NewJew21 wrote on 01 Aug 2016 12:20:](#)

Hello, I'm NewJew21.

I Converted to Judaism a few years ago.

I am struggling with acting out.

I do have SSA.

I will share more later.

[More was shared in the chat]

**NewJew21:** Hello, I was wondering if there any type of natural means to stop my SSA lust from sprouting.(1:57PM)**25lysp:** A strong commitment to not lust perhaps(2:00PM)**NewJew21:** I've tried that and failed. I saw a old freind mowing without a shirt on and pants really low. And I started thinking really evil perverse thoughts. So I need other means of achevement.(2:10PM)

**KOT**

**Warning: Spoiler!**

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Re: I'm betterman  
Posted by NewJew21 - 02 Aug 2016 00:08

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Hello Mr. MarkZ, I do not know this shmuly. I sure hope he changes his ways, so Hashem will love his creation.

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Re: YOU ARE betterman  
Posted by Markz - 02 Aug 2016 00:11

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The wheels of the TRUCK go round and round...

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Re: I'm betterman  
Posted by NewJew21 - 02 Aug 2016 01:02

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[Markz wrote on 02 Aug 2016 00:11:](#)

The wheels of the TRUCK go round and round...

Ok.then...I think your circuits are screwy due to acts of adult behavior such as P or M.

What truck?

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