

Hi from bb0212

Posted by bb0212 - 02 Oct 2016 15:47

Hi,

Thank you for taking the time to read this. I'm divorced & since the beginning of the separation, I'm struggling with shmiras einayin & shmiras habris. At times, I feel like I'm making a bit of progress, but I haven't been keeping the progress. Right now I'm looking for help in getting out of the struggle.

=====

Re: Hi from bb0212

Posted by Ready2work - 19 Feb 2017 22:33

Hi bb0212

I'm feeling your pain going through hardship.. I had my struggle as well.. Therapy could help you and give your the strength.....

but one think you should know H' is there all the time & You're Not a failure.. Just do your best and H' will help u... H' loves every little effort that we do....!!

=====

Re: Hi from bb0212

Posted by bb0212 - 19 Feb 2017 23:15

[Ready2work wrote on 19 Feb 2017 22:33:](#)

Hi bb0212

I'm feeling your pain going through hardship.. I had my struggle as well.. Therapy could help you and give your the strength.....

but one think you should know H' is there all the time & You're Not a failure.. Just do your best and H' will help u... H' loves every little effort that we do....!!

TY. I've been to therapy for other, more pressing matters & bh I got tremendous help. However,

I had to leave both the personal therapy & the group therapy that I was in, to keep my sanity and my job. There's not enough time in my life right now for therapy & I'm doing OK without it. Ty again for your support!

=====

Re: Hi from bb0212

Posted by Markz - 24 Mar 2017 08:43

[bb0212 wrote on 19 Feb 2017 23:15:](#)

[Ready2work wrote on 19 Feb 2017 22:33:](#)

Hi bb0212

I'm feeling your pain going through hardship.. I had my struggle as well.. Therapy could help you and give your the strength.....

but one think you should know H' is there all the time & You're Not a failure.. Just do your best and H' will help u... H' loves every little effort that we do....!!

TY. I've been to therapy for other, more pressing matters & bh I got tremendous help. However, I had to leave both the personal therapy & the group therapy that I was in, to keep my sanity and my job. There's not enough time in my life right now for therapy & I'm doing OK without it. Ty again for your support!

You sounded very down this week

(sure you're ok without it I?)

You wrote on the forum "Why did Gd create women"

Random question on a random thread gets a random answer that I wrote earlier this week

But then I saw on the Chat that you meant something TOTALLY different

And then I decided to check your thread, from post #1

And now you deserve a very different reply

I really feel for you brother - sounds like you're going thru hell

Someone once asked on the forum "where is it?"

I think sometimes the here and now can feel like it.

btw, I wish people would keep all their personal posts not on the chat or mini community pages, rather on their personal thread

THIS ENTIRE FORUM IS A GROUP FORUM, regardless of community, ethnicity, insanity... and we will support each other here, thru thick and thin

BB I wish you only the best, cos your situation is tough, yet you're holding strong

=====

Re: Hi from bb0212

Posted by bb0212 - 26 Mar 2017 01:44

[Markz wrote on 24 Mar 2017 08:43:](#)

[bb0212 wrote on 19 Feb 2017 23:15:](#)

[Ready2work wrote on 19 Feb 2017 22:33:](#)

Hi bb0212

I'm feeling your pain going through hardship.. I had my struggle as well.. Therapy could help you and give you the strength.....

but one think you should know H' is there all the time & You're Not a failure.. Just do your best and H' will help u... H' loves every little effort that we do....!!

TY. I've been to therapy for other, more pressing matters & bh I got tremendous help. However, I had to leave both the personal therapy & the group therapy that I was in, to keep my sanity and my job. There's not enough time in my life right now for therapy & I'm doing OK without it. Ty again for your support!

You sounded very down this week

(sure you're ok without it I?)

You wrote on the forum "Why did Gd create women"

Random question on a random thread gets a random answer that I wrote earlier this week

But then I saw on the Chat that you meant something TOTALLY different

And then I decided to check your thread, from post #1

And now you deserve a very different reply

I really feel for you brother - sounds like you're going thru hell

Someone once asked on the forum "where is it?"

I think sometimes the here and now can feel like it.

btw, I wish people would keep all their personal posts not on the chat or mini community pages, rather on their personal thread

THIS ENTIRE FORUM IS A GROUP FORUM, regardless of community, ethnicity, insanity... and we will support each other here, thru thick and thin

BB I wish you only the best, cos your situation is tough, yet you're holding strong

Hehe, so I started going to the shrink again around a month ago. Brown hit the fan, & she's been helpful somewhat. When I asked that question I was in a very dark place. Really pissed off at my ex for "making my life difficult". Yeah I know, she can't make my life difficult only I can. I need to do some radical acceptance (DBT). In either case, I have the kids this weekend, which almost always helps.

Your words are very much appreciated, thank you Markz!

=====

Re: Hi from bb0212

Posted by MayanHamisgaber - 26 Mar 2017 04:53

Glad to hear ya feeling better

KOMT

=====

Re: Hi from bb0212

Posted by bb0212 - 31 Mar 2017 07:23

Been trying to fall asleep for the past 1½ hours... From two till 3 kept my thoughts clean. But I was very frustrated that I can't fall asleep. Took a couple of Ativans not sure that it'll help. At three I told God, I'm gonna keep my hands off and my thoughts clean till 3:04. So at 3:05 I tried the distraction that I should be staying away from. Haven't fallen yet, but I might. Pretty pissed at God not sure wtf he wants from me. I'll call it relationship issues. At 4 I'll go get the iPad. I cannot afford to go to sleep after 4, I'll miss the appt with my shrink for the 2nd week in a row if I do. With the iPad I can watch movies to keep me up till morning. Hopefully stay on clean sites. I'll probably miss it now with less than 6 hours till my appointment & I still haven't fallen asleep. @\$&!#!!!!

=====

====