

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.

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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....!!

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Re: Hi from bb0212

Posted by bb0212 - 19 Feb 2017 23:15

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

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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!

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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:](#)

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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

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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:](#)

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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!

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Re: Hi from bb0212

Posted by MayanHamisgaber - 26 Mar 2017 04:53

Glad to hear ya feeling better

KOMT

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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. @\$&!#!!!!

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