

hello

Posted by GjDfw - 14 Dec 2016 07:33

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So this is my first post,

Where to begin... Well, I have been dealing with these issues since my sophomore year of High school. It was I think what triggered the behavior was spouts of depression and stress when my grandfather passed away. It turned into a more compulsive behavior as the years went on. And would spike when stressful issues would come up. I kept this all to myself.

Then my father was diagnosed with cancer. That really got me to stop cold turkey because I didn't want Hashem to harm him. A year later he passed away suddenly (it was not expected at the time) when I was in Yeshiva in Israel. For the next 11 months, I didn't even think of doing any of my bad behaviors. But aveilut went down and i got severely depressed when my Grandmother died of cancer (on the day I finished saying kadish for my father). After a while, I went to back to the bad habbits but I was doing those things more frequently. I am now in college feeling like I'm living a double life. But I know I can beat this, I know I can do this because I have done it before. And BH i am not depressed anymore.

But the biggest thing is I have everyone here. I felt so alone before, I thought I was facing this by myself. It saddens me that so many Jews deal with this issue, but it strengthens me that so many have succeeded and are trying their hardest to succeed.

I am sobering up a few days to start my 90 day challenge as suggested in the handbook (which I think was huge for me). I hope Hashem gives me the Koach to be successful in being a better eved Hashem.

Until Next Time...

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Re: hello

Posted by Singularity - 14 Dec 2016 09:25

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Amen! Welcome, brother.

Hope you find respite in our little community. We have our quirks!

Keep coming back!

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Re: hello

Posted by will Succeed Beh - 14 Dec 2016 11:35

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Great, Good your being honest and ready to work.

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Re: hello

Posted by Markz - 14 Dec 2016 13:04

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Hello!

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Welcome on board (Screen)

Re: hello  
Posted by gibbor120 - 14 Dec 2016 16:55

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. I'm glad to hear that you are committed to recovering and that you have joined this great chevra. Check out the handbook for some good ideas and keep us posted.

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