

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

hi yakov or whoever will read this.

?i grew up in an abusive atmosphere my mother would beat me, i was bullied in school and one of my rebbeim picked on me and got my whole class to laugh at me. i was in therapy for the resulting problems for quite some time. i still see a therapist from time to time. at one point for two years i was taking meds a generic for Zoloft. that's my emotional history.

as for the kedusha problems I've been masturbating now for 13 yrs.. i have spoken to numerous rebbeim who tried to help me along the way. they weren't really equipped to deal with me. eventually i discovered porn but baruch hashem i always had limited access. i still have relapses in porn which are hard to get out of. i'm now married bh and i have a daughter bli ayin hora. please help

not sure how you'll contact me my email is mikefineroth@gmail.com (not my name and i don't know anyone with that name)

hope we'll finally break free

=====

Re: my problems

Posted by mikestruggling - 08 Aug 2018 08:31

il went today to my therapist I had a very productive session. he knocked into my head that this woman probably doesn't want to have sex with me. whatever.

I'm now gonna start working on the pain of my childhood. gonna do therapy every week. I'll try to keep posting.

=====

Re: my problems

Posted by mikestruggling - 09 Aug 2018 17:41

il'm going back to this thread because I'm still a newcomer I thought I was ready for the 12th step. I think that my pride was speaking at the time. I will try to slow down.

in unrelated news, my therapist told me based on my fetishes that I am a masochist. scary. However I post this here because that may be an underlying reason why I can't get sober. I don't just not care about myself I want to hurt myself. it may help someone out there.

bottom line therapy may be a good option if you can't get sober. get a good therapist who can see through your lies that saved my life.

=====

Re: my problems

Posted by mzl - 09 Aug 2018 18:27

[mikestruggling wrote on 09 Aug 2018 17:41:](#)

il'm going back to this thread because I'm still a newcomer I thought I was ready for the 12th step. I think that my pride was speaking at the time. I will try to slow down.

in unrelated news, my therapist told me based on my fetishes that I am a masochist. scary. However I post this here because that may be an underlying reason why I can't get sober. I don't just not care about myself I want to hurt myself. it may help someone out there.

bottom line therapy may be a good option if you can't get sober. get a good therapist who can see through your lies that saved my life.

You could have masochistic desires because are too nice a person to hurt others. And it all depends on what you consider hurtful or abusive.

You talk about the 12-step program. If you do the original, genuine program, unmodified, it should work for you. For example before working on a step you could ask your sponsor.

=====

Re: my problems

Posted by mikestruggling - 26 Aug 2018 05:04

Il woke up this morning mucho depressed. I made a phone call. I'm also out of meds the store opens soon. I'm trying to plaster a smile on my face and keep upbeat

=====

Re: my problems

Posted by Hashem Help Me - 26 Aug 2018 05:35

You can do it buddy! We are all rooting for you.

=====

Re: my problems

Posted by mzl - 26 Aug 2018 13:27

Il woke up this morning mucho depressed. I made a phone call. I'm also out of meds the store opens soon. I'm trying to plaster a smile on my face and keep upbeat That might help if you are around a lot of other people, because they might smile back.

If you are alone then writing down what you are thinking and figuring out whether you are thinking objectively might be more effective.

=====

Re: my problems

Posted by mikestruggling - 26 Aug 2018 17:40

thank you for your replies. MZL I'm not 100% sure, but I'm reasonably confident about this; clinical depression is negative feelings not thoughts. It may be triggered by events which invoke

negative thoughts, but it is just emotional not intellectual.

Anyone feel free to correct me if I'm mistaken

=====

Re: my problems

Posted by mzl - 26 Aug 2018 23:23

[mikestruggling wrote on 26 Aug 2018 17:40:](#)

thank you for your replies. MZL I'm not 100% sure, but I'm reasonably confident about this; clinical depression is negative feelings not thoughts. It may be triggered by events which invoke negative thoughts, but it is just emotional not intellectual.

Anyone feel free to correct me if I'm mistaken

Yes, but your feelings are just a side effect of what you are thinking. You are just not aware of it because they are automatic thoughts. Initially it takes a while to catch those thoughts, but with a little practice it becomes doable. Depression is not an emotional disturbance, it's a distortion in the way you perceive reality around you.

=====

Re: my problems

Posted by mikestruggling - 27 Aug 2018 04:27

you may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will call my therapist today

=====

Re: my problems

Posted by mzl - 27 Aug 2018 09:52

[mikestruggling wrote on 27 Aug 2018 04:27:](#)

yyou may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will iyh call my therapist today

So in that case you would look for distortions in your expectations of your mother. Why do you think she was being "unfair"? You might be right, or you might be a little off in your perception.

I think you are saying that you were taking it out on your wife. That's interesting.

=====

Re: my problems

Posted by mikestruggling - 27 Aug 2018 11:02

[mzl wrote on 27 Aug 2018 09:52:](#)

[mikestruggling wrote on 27 Aug 2018 04:27:](#)

yyou may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will iyh call my therapist today

So in that case you would look for distortions in your expectations of your mother. Why do you think she was being "unfair"? You might be right, or you might be a little off in your perception.

I think you are saying that you were taking it out on your wife. That's interesting.

wwow! now I'm a little irritated at you. did you read the first post on this thread. I don't think any human being deserves to be treated the way I was treated. not even animals. my mother used

to beat me for doing things she perceived as chutzpah. and I mean beat not just two slaps.

I suffer fr the fact that deep down,I think it was fair and I deserve it because I am worthless. now through therapy I'm allowing myself to feel the anger. Because I don't deserve it I'm not a shmatte. I'm a human being child of Hashem and I'm a good person.

I didn't say i was taking it out on my wife. I was projecting it at my wife. big difference. which was why I cleaned the room to take the actions of love so that I don't take it out on my wife.

please read what i wrote

=====
=====

Re: my problems

Posted by mzl - 27 Aug 2018 12:28

[mikestruggling wrote on 27 Aug 2018 11:02:](#)

[mzl wrote on 27 Aug 2018 09:52:](#)

[mikestruggling wrote on 27 Aug 2018 04:27:](#)

yyou may be right (I'm too depressed to admit it straight up) last night I dreamt about my mother she was being unfair. Today, I woke up with feelings of anger at my mother. At first, I was projecting it at my wife so I cleaned up the living room (taking the actions of love). I will iyh call my therapist today

So in that case you would look for distortions in your expectations of your mother. Why do you think she was being "unfair"? You might be right, or you might be a little off in your perception.

I think you are saying that you were taking it out on your wife. That's interesting.

wwow! now I'm a little irritated at you. did you read the first post on this thread. I don't think any human being deserves to be treated the way I was treated. not even animals. my mother used

to beat me for doing things she perceived as chutzpah. and I mean beat not just two slaps.

I suffer fr the fact that deep down,I think it was fair and I deserve it because I am worthless. now through therapy I'm allowing myself to feel the anger. Because I don't deserve it I'm not a shmatte. I'm a human being child of Hashem and I'm a good person.

I didn't say i was taking it out on my wife. I was projecting it at my wife. big difference. which was why I cleaned the room to take the actions of love so that I don't take it out on my wife.

please read what i wrote

Ok. So you should before I reply to someone I should read everything. But 99% of people's posts don't contain any information other than "I'm still here, still struggling." So now you know where I'm coming from.

At any rate I'll get out of your way because you sound angry and you are not really explaining.

=====

Re: my problems

Posted by cordnoy - 27 Aug 2018 13:59

One should have the decency to read a person's entire post before replyin'. If he will be givin' suggestions, advice, criticism, etc., he probably should read the fellow's entire thread.

Godspeed to all

=====

Re: my problems

Posted by mikestruggling - 28 Aug 2018 12:33

il get home today for lunch and I clean the dishes sweep the floor and tidy up the living dining room. my wife comes home non thank you no smile nada. I ask her about her day. shrug.

what's wrong?

nothing it's just hot outside

she usually makes lunch. today she's just sitting there. my mind is on fire. this wife of mine dies nothing anymore I have to do everything etc.

after ten minutes like this i chap maybe I should do it my wife is pregnant. i pray G-d please help me do the correct thing. i made lunch

Warning: Spoiler!

=====

Re: my problems

Posted by Hashem Help Me - 28 Aug 2018 15:09

You handled it right buddy. So many of us selfish fellows mess up in these matzavim. Its not fair when we dont allow our wives to also have feelings and sometimes not be in a chipper mood.

=====