

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

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Re: my problems

Posted by Trouble - 05 Apr 2017 13:07

[Singularity wrote on 05 Apr 2017 09:40:](#)

Sorry to hear, Mike.

Many times I wake up wanting to book a date with my disease.

#callmeanyanytimecallme

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Re: my problems

Posted by Gevura Shebyesod - 05 Apr 2017 13:44

[Trouble wrote on 05 Apr 2017 13:07:](#)

[Singularity wrote on 05 Apr 2017 09:40:](#)

Sorry to hear, Mike.

Many times I wake up wanting to book a date with my disease.

#callmeanyanytimecallme

You need to change your hair color for that one.

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Re: my problems

Posted by mikestruggling - 05 Apr 2017 18:33

i went to bed early and woke up in middle of the night at which time i couldn't call anyone

i called a friend/mentor from here he helped me tonz (you know who you are)

thanx for the reply and for being in touch

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Re: my problems

Posted by mikestruggling - 05 Apr 2017 18:34

[Singularity wrote on 05 Apr 2017 09:40:](#)

Sorry to hear, Mike.

Many times I wake up wanting to book a date with my disease.

what works for you

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Re: my problems

Posted by mikestruggling - 06 Apr 2017 00:47

it was a rough two days but bh were holding where we are things should pick up from here at least slightly

btw i apologize for all the short post i share this computer with my wife and whenever i'm home she usually is and this is all behind her back (still leading a life of deception... ..better than other deception)

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Re: my problems

Posted by Hashem Help Me - 06 Apr 2017 11:22

Happy things are straightening out for you. Keep it up. You can do it.

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Re: my problems

Posted by Singularity - 06 Apr 2017 12:23

[mikestruggling wrote on 06 Apr 2017 00:47:](#)

it was a rough two days but bh were holding where we are things should pick up from here at least slightly

btw i apologize for all the short post i share this computer with my wife and whenever i'm home she usually is and this is all behind her back (still leading a life of deception... ..better than other deception)

ODAAT

One Deception At a Time

Make your choice

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Re: my problems

Posted by mikestruggling - 06 Apr 2017 20:21

my filter just fell off my computer bh i passed with flying colors

i called my wife into the room she wanted to go she asked cant i just trust you

(i felt like a piece of garbage i wanted to tell her no)

i mumbled the gedoilm made an issur yichud

then she told me to use the computer in public, smart idea

when i was done i called the filter company

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Re: my problems

Posted by cordnoy - 07 Apr 2017 01:50

[mikestruggling wrote on 06 Apr 2017 00:47:](#)

it was a rough two days but bh were holding where we are things should pick up from here at least slightly

btw i apologize for all the short post i share this computer with my wife and whenever i'm home she usually is and this is all behind her back (still leading a life of deception... ..better than other deception)

No reason to apologize for short posts.

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Re: my problems

Posted by Hashem Help Me - 07 Apr 2017 11:29

[mikestruggling wrote on 06 Apr 2017 20:21:](#)

my filter just fell off my computer bh i passed with flying colors

i called my wife into the room she wanted to go she asked cant i just trust you

(i felt like a piece of garbage i wanted to tell her no)

i mumbled the gedoilim made an issur yichud

then she told me to use the computer in public, smart idea

when i was done i called the filter company

Ashreichem! You handled that situation great!

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Re: my problems

Posted by mikestruggling - 09 Apr 2017 02:41

im feeling very low once again i had a fall but thanx to the 90 day chart i can see that i'm making progress that gives me a lot of comfort

i will bli'n improve my taphsic (i found a loophole)

a gutte voch yidden a Chag KASHER vSAMEACH

Kasher and therefore Sameach

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Re: my problems

Posted by lhavenostrength - 09 Apr 2017 02:54

Every clean stretch definitely helps to eventually kick this habit once and for all. A kusher un freilichen pesach!

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Re: my problems

Posted by mikestruggling - 09 Apr 2017 21:15

i'm having a rough day spiritually i almost acted out and i'm disappointed with myself

i was in a couple of major anxiety situations

and i'm tired (very little sleep, of course)

keeping my hopes up as long as i keep fighting i know better days are on the horizon

sometimes its hard to feel, gotta believe

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Re: my problems

Posted by 360gye - 09 Apr 2017 22:56

Feel free to reach out if you need(360gye@gmail.com)

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Re: my problems

Posted by Hashem Help Me - 10 Apr 2017 04:05

[mikestruggling wrote on 09 Apr 2017 21:15:](#)

i'm having a rough day spiritually i almost acted out and i'm disappointed with myself

i was in a couple of major anxiety situations

and i'm tired (very little sleep, of course)

keeping my hopes up as long as i keep fighting i know better days are on the horizon

sometimes its hard to feel, gotta believe

Sorry the going is rough, but as you wrote, you see it can be done. We are here for you.
Continued hatzlocha.

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