

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 lhavenostrength - 10 Apr 2017 15:51

[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

I feel you brother. 2 months ago I would never believe I'd make it to 59 days clean. But I never gave up hope and I never gave up. Don't give up ever! Obviously, if one method isn't working out or isn't enough you should probably try something else.

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Re: my problems

Posted by mikestruggling - 23 Apr 2017 14:31

ive been away for a while not doing gr8 hopefully i'll be able to get back to GYE which obviously helps tons

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Re: my problems

Posted by mikestruggling - 30 Apr 2017 05:33

i had a very very hard shabbos emotionally bh didn't fall (even slip) over shabbos gonna call my therapist bezras hashem hopefully thing will improve

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Re: my problems

Posted by MayanHamisgaber - 30 Apr 2017 11:27

Sorry to hear about the hard times do you want to share..?

Keep up the good work

Let us know if we can help

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Re: my problems

Posted by mikestruggling - 02 May 2017 10:43

I had a suuper rough night last night probably the worst night in my life

I was too depressed to fall

with help from my mentor from here i'm getting better now I have too see someone

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Re: my problems

Posted by Markz - 02 May 2017 12:55

[mikestruggling wrote on 02 May 2017 10:43:](#)

I had a suuper rough night last night probably the worst night in my life

I was too depressed to fall

with help from my mentor from here i'm getting better now I have too see someone

Too depressed to fall?

That must be the lowest depression point on the planet - ouch

Sounds like you have a plan

Mike, KEEP ON TRUCKING!

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Re: my problems

Posted by MayanHamisgaber - 02 May 2017 16:38

Sorry to hear that

KUTGW

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Re: my problems

Posted by Shlomo24 - 02 May 2017 19:03

I can relate to the pain. I have experienced more pain in recovery than in acting out.

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Re: my problems

Posted by mikestruggling - 02 May 2017 21:13

thanx y'all i'm doing better today b'h

living on b'h

if there's one thing i wish everyone should know from what i went thru

there is alway someone to reach out to no matter what you are thinking

if you are a jew there are people out there who are willing to help you

do yourself a favor and reach out

then thank whoever reached out because you owe it to them

(yes i thank you from the deepest part of my heart)

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Re: my problems

Posted by mikestruggling - 03 May 2017 20:49

I went for a jog tonight its amazing how much it can help

again thanx everyone who reads this for being there or me

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Re: my problems

Posted by Chaimel - 05 May 2017 03:01

[mikestruggling wrote on 03 May 2017 20:49:](#)

I went for a jog tonight its amazing how much it can help

again thanx everyone who reads this for being there or me

Thanks for posting!!! It's a huge help to see that I share struggles with many people and can grow tremendously through it like they did!

Stay strong and keep growing iyh!

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Re: my problems

Posted by mikestruggling - 05 May 2017 06:22

:punch:ouch not so hard

thanx for osting every post helps

#ONEPOSTATATIME

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Re: my problems

Posted by Singularity - 05 May 2017 08:47

[mikestruggling wrote on 03 May 2017 20:49:](#)

I went for a jog tonight its amazing how much it can help
again thanx everyone who reads this for being there or me

woohoo!!

I find that always always helps.

I find it almost always fails recommending what works for me to someone else. I just speak my
experience without enforcing anything. We're all so different. But I like running works for you.
work it!

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Re: my problems

Posted by mikestruggling - 05 May 2017 13:35

[Singularity wrote on 05 May 2017 08:47:](#)

I find it almost always fails recommending what works for me to someone else. I just speak my
experience without enforcing anything. We're all so different. But I like running works for you.
work it!

that's what this forum is for. live and learn. thanx for a gr8 post.

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Re: my problems

Posted by Shivisi_Hashem - 05 May 2017 14:00

Rough minute? just think about TODAY, you don't have in your life only todays TODAY, and its only a few hours long, so why kill it for a little lust, and then being depressed!!!!

fragile, , its

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for me helps a walk too, I believe for everyone, but hay, watch on your 2 shiny brilliants