

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 MayanHamisgaber - 11 May 2017 11:11

You can email me anytime though I cannot guarantee when I will answer

(i think gs might be able to help you more than me)

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Re: my problems

Posted by GrowStrong - 11 May 2017 13:18

I emailed you

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Re: my problems

Posted by mikestruggling - 11 May 2017 19:40

so i fell this morning and as is well known the hardest part is getting back up after the fall just for that its not worth it guys hang in there i'll be back (am back) stronger than before hopefully with more tools

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Re: my problems

Posted by yiraishamaim - 11 May 2017 20:45

AAYYY! I know the feeling all too well.

Sorry for you.

When you dust yourself off and are ready to take on the great come back, first, do some soul searching and see what lead you astray. I know with me, acting out doesn't surge out of nowhere. It always was brewing under the surface for a while.

What were the causes?

How can I plan better?

What emergency plan do I have in place in the event I think I am gonna act out real soon?

When you return with intelligent changes you feel better 'cause there is a legitimate reason why this time should be better.

You yourself will be much more excited and cautiously confident, than when you just boomerang back with good intentions.

Hatzlocho!

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Re: my problems

Posted by mikestruggling - 14 May 2017 11:59

so i slipped very far last night and i was torn my body wanted one thing my mind another thing then i chapped that if my mind really wants not to act out there are things which i can do so i called my mentor who was in middle of shabbos but i left a message and knew i would be held accountable it worked bh

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Re: my problems

Posted by yiraishamaim - 14 May 2017 13:21

Great story.

You also learned an important lesson that you can draw on for the future.

Even when you are in the midst of a bitter battle there is what to do to save yourself.

Here, you just called your mentor. He couldn't even talk to you and you made it.

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Re: my problems

Posted by mikestruggling - 15 May 2017 18:39

hi,

i'm bh feeling better these days my meds are kicking in

i still get anxious but i'm now learning other tools to release tension

hopefully that will help me stay stopped

i also now have a larger support group to reach out to

once again i'm so grateful to all of you who reply thank or even just read my posts

and of course as HHM said god bless gye

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Re: my problems

Posted by Hashem Help Me - 16 May 2017 04:26

Nice to hear things are going better. It's time you start to realize you are part of that support team to. You will iyh help many struggling "mikes".

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Re: my problems

Posted by mikestruggling - 16 May 2017 17:18

my therapist (chassidish guy speaks only yiddish and hebrew) told me to go to SA to help with loneliness and guilt

the chiddush is that SA is not only for staying sober

let's see if his helps we'll keep you posted

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Re: my problems

Posted by GrowStrong - 16 May 2017 17:26

Nice!

By the way its totally true.

The 12 steps and the fellowship are more about gaining emotional sobriety than stopping to act out.

Be in touch with me, I am here to help. In any way I can.

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Re: my problems

Posted by YidFromMonsey - 16 May 2017 19:31

I totally second that, SA gives so much more than just stopping to act out or staying stopped.

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Re: my problems

Posted by Hashem Help Me - 17 May 2017 03:09

It should be with hatzlocha. Looking forward to hearing how SA will give you the life skills to live a happy and healthy life, marriage, etc.

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Re: my problems

Posted by mikestruggling - 17 May 2017 19:31

so i just got back from SA its nice to see how it woks

a lot of people there are doing or did things much worse than i ever did

and are much worse off like acting out more frequently

i was hoping to meet a bunch of real sober people

that was a letdown

very positive light atmosphere got a temporary sponsor and we'll take it from there

gonna start the twelve steps "vroys hoy magia hashomaimo"

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Re: my problems

Posted by Shlomo24 - 17 May 2017 22:47

"Keep coming back, it works if you work it."

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