

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 mikestruggling - 31 Mar 2017 00:34

i've come to notice that part of my social anxiety is based on a feeling of incompetence which comes from acting out

i can add it to my incentives

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Re: my problems

Posted by lhavenostrength - 31 Mar 2017 03:46

I think it's quite common that acting out adds to people's social anxiety. I know it's true for me. That being said, it never served as a good enough incentive for me to stay clean. At least not for too long.

As an aside, here is how I try to get over my social anxiety: I accept the reality of who I am. I view myself AS I AM. Not how I think I could or should be.

Best of luck

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Re: my problems

Posted by tzomah - 31 Mar 2017 08:52

curethecraving.com

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Re: my problems

Posted by Hashem Help Me - 31 Mar 2017 11:19

refua shleima. have a great clean shabbos.

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Re: my problems

Posted by cordnoy - 31 Mar 2017 16:27

[mikestruggling wrote on 23 Mar 2017 17:23:](#)

4 years or so

are you familiar with cbt?

Nice.

Yesl.

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Re: my problems

Posted by mikestruggling - 31 Mar 2017 21:14

thanx everyone out there for the tips i'm now in a better all around mood

have a gr8 shabbos

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Re: my problems

Posted by mikestruggling - 02 Apr 2017 15:07

im doing gr8 bh

noticing more and more how much of my day i think about lust its helping me understand who i really am and how much more i can be

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Re: my problems

Posted by Hashem Help Me - 03 Apr 2017 11:08

Great post. Continued hatzlocha

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Re: my problems

Posted by mikestruggling - 03 Apr 2017 23:26

hi today was (and is) a huge struggle

went out to the doctor magazines etc. also i'm having withdrawal a little stressed at home (i'm by my in laws)

i had to repeat to myself in my mind that the way out of my anxiety is by dealing with my addiction it helped

we're still truckin' bh:grinning:

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Re: my problems

Posted by Hashem Help Me - 04 Apr 2017 11:26

Keep it up!

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Re: my problems

Posted by Singularity - 04 Apr 2017 12:32

Go you!!

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Re: my problems

Posted by tzomah - 04 Apr 2017 13:43

great work (careful of those in-laws)

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Re: my problems

Posted by mikestruggling - 04 Apr 2017 16:23

i fell last night i woke up in middle of the night and couldn't fall back asleep shiurim didn't help

any tips for the future?

i'm also lusting right now gonna make a phone call (couldn't last night)

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Re: my problems

Posted by Markz - 04 Apr 2017 16:38

Fell asleep... Didn't...

Very confusing...

Calling Dov?

Ok... let me know how it goes

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