

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

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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](mailto: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

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[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

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[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

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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

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[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

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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

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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

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[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

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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

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Re: my problems

Posted by cordnoy - 07 Apr 2017 01:50

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[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

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[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

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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

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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

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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

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

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