

Myself

Posted by Doivl - 20 Dec 2017 13:22

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So I have had issues since the beginning of 8th grade with ?????? ?????? and have never been able to detach myself from this bad ?? for longer than 3 weeks, it mainly manifested from curiosity and over demanding expectations from parents and/or teachers

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Re: Myself

Posted by Markz - 20 Dec 2017 13:47

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Welcome Doivi

Have you spoken with Dov?

Read some of his shares?

See more below ;-)

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Re: Myself

Posted by serenity - 20 Dec 2017 15:32

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Welcome! Sounds like you're thinking right. Curiosity is one of my main issues and stress and pressure are def a part of my challenge. When we sit and just breath we are valuable. We don't have to feel less valuable because we think we aren't meeting peoples expectations. Trust me, they aren't meeting their expectations either and, although they are well meaning and probably love you, they think that by putting pressure and demand in you they can help you be more successful than they are. They probably aren't meeting your expectations either because adults learn to hide their failures from their kids and from everyone.

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Re: Myself

Posted by gibbor120 - 26 Dec 2017 14:34

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Welcome! Is that your only issue - Shemiras Aynayim, or is there more? You can be open here. We all have the same problems. We understand.

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