

introducing myself

Posted by ayidel - 05 Jan 2018 10:07

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hi my name is ayidel i'm married for 10 years and have a couple of children i don't think i am an addict

but rather would have falls at more spread out times so it took me a while to figure out that i might need help

but i thank hashem i found this site signed on and ready to really hanker down thanks for everything

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Re: introducing myself

Posted by HakolMilimala - 07 Feb 2018 14:07

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Hey ayidel, great that you're aware of what's going on and trying to manage in a healthy way.

Maybe share a little bit more detailed what exactly this family situation is, and we could help?

And with the studying, does the studying require the internet?

and if it does, how many websites? Can't you make a whitelist?

definitely don't just stay on gye. You have to keep living, which means studying for your tests and being successful. But you have to take Shmira steps not to fall.

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Re: introducing myself

Posted by ayidel - 07 Feb 2018 15:06

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Thanks the family situation is an all out fight between siblings and parents it seems parent might have a disorder but is not even willing to hear about going to help but rather lashing back as powerfull as possible

my studying requires internet as its a self do course by staying on GYE i meant for a while till it passes maybe a week or two

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Re: introducing myself

Posted by ayidel - 07 Feb 2018 17:00

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As an aside does anyone have experience with a bpd parent and will have ways to get info.

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Re: introducing myself

Posted by tzomah - 07 Feb 2018 21:59

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i would recommend this book called i hate you don't leave me

probably worth staying away from the lashing out and screaming try to surrender it

was this person diagnosed or it's an assumption

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Re: introducing myself

Posted by Hashem Help Me - 08 Feb 2018 04:16

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bpd is very tough to deal with. may Hashem help you deal with all the fallout.

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Re: introducing myself

Posted by ayidel - 08 Feb 2018 12:54

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The parent was not diagnosed as they refuse to believe anything is wrong with them but the assumption is not just a wild guess but rather one that was worked out with a therapist and a family member from the wider circle who has experience with such issues and with the person

involved there is some 9 symptoms to bpd of which having 5 is considered already bpd and the person shows strong similarities to 7 so it seems to be a strong case

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Re: introducing myself

Posted by ieeyc - 08 Feb 2018 13:41

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hatzlacha ayidel

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Re: introducing myself

Posted by ayidel - 08 Feb 2018 14:26

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sorry i am trying to qoute and got it wrong

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Re: introducing myself

Posted by ayidel - 08 Feb 2018 14:30

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[tzomah wrote on 07 Feb 2018 21:59:](#)

i would recommend this book called i hate you don't leave me

i found many consider the book to be outdated whats your opinion on that

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Re: introducing myself

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Posted by tzomah - 08 Feb 2018 22:28

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no opinion at all

i just have the book and read it although i read it awhile ago maybe ask the therapist

anyways i wish you much hatslocho as bpd is painful to deal with

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Re: introducing myself

Posted by ayidel - 09 Feb 2018 09:28

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Hi everyone i will be reaching my half mark of 45 days this sunday and this moment is one of the greatest in my march forward i haven't ever had a serious count before i started the 90 day chart and feared i might not even have the power to resist any length of time b"h since i signed up i have never looked back and i even succeded in not browsing for anything not work related no news (even though i love to be updated and there was a lot going on)no history and anything else i feel free and in control although i still fear the tomorrow which might be a good thing i must thank all the great people on the site who have helppped me acheive this either by posting or by reading different threads which i found was a tremendous help

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Re: introducing myself

Posted by Hashem Help Me - 09 Feb 2018 12:12

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Super news! May Hashem help you continue!

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Re: introducing myself

Posted by iampowerless - 09 Feb 2018 16:15

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Wow that's great! Keep it up! ODAAT!

Yankel!

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Re: introducing myself

Posted by ieeyc - 11 Feb 2018 00:54

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hatzlacha,keep it up ,youre shlepping us up too!

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