

How do I fix myself from years of sexual abuse?

Posted by CarmelCamel - 13 Mar 2022 14:41

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I was sexually abused form 8 to 18 pretty much. I don't want to go into details as it is graphic.

This has left me with a myriad of disorders and it feels hopeless... My childhood was robbed from me and not only that but I have been stranded with these things that continue to haunt me and destroy my life.

I can't afford therapy where I live (South Africa), my shul can't help me, and I've tried pretty much everything I can find online or in my area.

I'm desperate for help, and I'm alone in this battle as a convert as well as not connected to my family or have any friends.

The light is dying in me, and I can't rekindle this flame... I don't want to go on living anymore...  
I'm so broken

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Re: How do I fix myself from years of sexual abuse?

Posted by YeshivaGuy - 13 Mar 2022 15:04

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I sent you a PM.

The pain is unbearable, I know.

Here with you,

YeshivaGuy

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Re: How do I fix myself from years of sexual abuse?

Posted by Yoina mutzhoo - 13 Mar 2022 16:13

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It sad and heart breaking to hear your situation. Even though you have gone through so much of abuse and neglect, there is still hope to recover and have a productive and happy life.

You need support. You can make freinds here, who will understand you and accept you and help you out.

Unfortunately you need therapy to recover from all the trauma. You might contact [Amudim](#) for support, advice and financial help.

Yoinala

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Re: How do I fix myself from years of sexual abuse?

Posted by Hashem Help Me - 13 Mar 2022 20:47

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Welcome. Sorry to hear how tough it is for you. There are organizations that assist with therapy in most countries. Have you researched if any funding is available in South Africa?

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Re: How do I fix myself from years of sexual abuse?

Posted by CarmelCamel - 14 Mar 2022 04:20

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I've tried to get help for about 4 years now... been suffering with this all my life though. And no, no one can help me find funding or anything

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Re: How do I fix myself from years of sexual abuse?

Posted by Teshuvahguy - 07 Nov 2022 19:21

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[CarmelCamel wrote on 13 Mar 2022 14:41:](#)

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I was also abused though not from such a young age. Please, please reach out to me privately. I am anxious to at least be a sounding board. I have done and seen some really bad stuff in my life. You cannot shock me. Don't go through this alone. PM me or email me at [Teshuvahguy@gmail.com](mailto:Teshuvahguy@gmail.com). Don't give up.

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