

I Want a New Life

Posted by helpneeded2022 - 05 Jul 2022 20:32

I really Want a New Life I'm struggling and don't know where to start i have a messed up married life and that is leading me to a lot of things and nisyones who can help me

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Re: I Want a New Life

Posted by 5Uu80*cdwB#^ - 05 Jul 2022 20:39

Welcome. Can you share some more about yourself?

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Re: I Want a New Life

Posted by Markz - 05 Jul 2022 20:39

[helpneeded2022 wrote on 05 Jul 2022 20:32:](#)

I really Want a New Life I'm struggling and don't know where to start i have a messed up married life and that is leading me to a lot of things and nisyones who can help me

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Re: I Want a New Life

Posted by helpneeded2022 - 05 Jul 2022 20:47

im chsiddish married with kids, keep on climbing and more keep on failing suffering on shmiras einayim and of course **masturbating** long and hard teenage years was hoping will get better after getting married but actually got worse

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Re: I Want a New Life

Posted by connected - 05 Jul 2022 22:06

Hey there helpneeded2022, welcome!

I'm also Chasidish, married, and have kids, but what really matters is that I'm in the process of getting out of a similar-sounding situation, and I'd love to try and help you.

It sounds like you're in a tough spot, but what's even worse than the situation is the confusion and lack of clarity I'm sensing (as you state, "don't know where to start"). Creating a new life is possible but needs to be clearly defined first.

I think you should set aside an hour (is that enough?) free from distractions, sit down and try to sort out your thoughts and emotions.

What exactly is bothering you?

Why does it bother you?

What would you like to change?

Once you have a clearer picture, we can try to figure out the proper steps.

Hatzlacha!

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Re: I Want a New Life

Posted by Lchaim Tovim - 06 Jul 2022 01:32

If I may add, browse the forums, there's a treasure trove of chizuk and advice all around. I didn't realize how wrong my perspective was on so many issues until I started browsing the forums.

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Re: I Want a New Life

Posted by Captain - 06 Jul 2022 01:34

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: I Want a New Life

Posted by helpneeded2022 - 06 Jul 2022 14:42

thanks much for your kindness what my struggle is,

1. fantasy
2. shmiras einayim
3. watching
4. ?searching
5. what not.....

- i simply feel i cant anymore i need help
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- =====

Re: I Want a New Life

Posted by jackthejew - 06 Jul 2022 15:07

[helpneeded2022 wrote on 06 Jul 2022 14:42:](#)

thanks much for your kindness what my struggle is,

1. fantasy
2. shmiras einayim
3. watching
4. ?searching
5. what not.....

- i simply feel i cant anymore i need help

One way to start sorting out your feelings is to make a list of the reasons you feel you NEED to stop. Getting everything down clearly on paper will allow you to understand what steps and Gedarim will work for you to begin to stop.

(I Sent you a private message)

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Re: I Want a New Life

Posted by ?????? ?????? - 06 Jul 2022 21:56

If you want to, please look at the post that I linked below in my signature. This will hopefully address points 3 and 4 of your struggle, if you haven't addressed them already.

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