

Starting therapy

Posted by Yosel - 31 May 2023 14:10

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Hi everyone, I'm married bh with kids in my mid twenties I've been struggling since I'm 12 with p&m. I've been trying to stop all along but it's not going the only time I had it easy was Shana rishona and when I learnt in a out of town yeshiva with out acces to devices. Recently in the last 2 years my struggles have became really hard and i struggle daily. I finally reached out to a therapist cause i dont see a way out of this by my self. I started to go for therapy bh i was by a therapis twice already. Im wondering to hear abt peoples experience with therapy if it's helps? What should I expect? Any tips? Etc. Thanks

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Re: Hi

Posted by Foolie - 31 May 2023 14:19

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What can you expect from therapy? Expect to put in hard work, take baby steps and be patient with the process, trying to run before you can walk will just frustrate you and prepare to be brutally honest with yourself and your therapist hold nothing back if you can't tell this therapist your deepest darkest secrets find one you can

Other than that I believe the welcoming committee would want me to say Welcome aboard stick around you might learn something worthwhile

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Re: Hi

Posted by Yosel - 31 May 2023 18:13

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Thanks

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Re: Starting therapy

Posted by Grant400 - 31 May 2023 19:23

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Welcome! You took a huge step to help yourself, that's a great sign.

Therapy can be so amazing and liberating, yet also quite uncomfortable and embarrassing, but you must embrace them. Like Foolie mentioned, without 100% honesty and vulnerability you can be hindering recovery process you yearn for so much. Go all in!

Please stick around, there is much to learn and gain here!

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Re: Starting therapy

Posted by Sapy - 31 May 2023 20:54

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Grant may I ask if you ever went to therapy? Only if your comfortable sharing.

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Re: Starting therapy

Posted by Grant400 - 31 May 2023 22:24

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[Sapy wrote on 31 May 2023 20:54:](#)

Grant may I ask if you ever went to therapy? Only if your comfortable sharing.

Do the math.

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Re: Starting therapy

Posted by Sapy - 01 Jun 2023 00:34

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Re: Starting therapy

Posted by Yosel - 02 Jun 2023 12:12

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It's amazing how difficult my struggle is during the week, but when shabbos comes it's a real day of rest, since I don't have my devices I don't really have temptations, plus I feel like shabbos we have a neshuma yesaire that helps also we feel more connected to hashem and yiddishkiet, I'm really able to daven good and learn bh.

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Re: Starting therapy

Posted by OneLookLess - 02 Jun 2023 16:00

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[Yosel wrote on 02 Jun 2023 12:12:](#)

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so funny... by me is the same thing, it comes shabbes most of the desires are away, even looking on the streets are easier

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Re: Starting therapy

Posted by Grant400 - 02 Jun 2023 16:26

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[OneLookLess wrote on 02 Jun 2023 16:00:](#)

[Yosel wrote on 02 Jun 2023 12:12:](#)

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By me it's the exact opposite. Too much time, too much davening. Go figure.

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Re: Starting therapy

Posted by chaimoigen - 16 Jul 2023 13:41

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There is a place for therapy. And there is a place for friends and mentors who can help. Have you spoken with HHM? He changed my life.

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