

Frum or not..??

Posted by yankybp - 28 Jan 2024 23:49

Hello everyone! I love you all! I hope you're doing good! I am 19 frum and chasidish, im struggling very hard with P&M, SSA, and even in person kind of stuff.. its the first time im stepping in here and i hope and hope that i will get my help i need asap! Im feeling so hopeless and so confused who i am.. and what i need to do.. anybody who can understand me?

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Re: Frum or not..??

Posted by frank lee - 28 Jan 2024 23:58

You came to the right place! We are with you! You have more strength than you realize and support is a big key! Kol Hakavod for taking this step of reaching out!

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Re: Frum or not..??

Posted by yankybp - 28 Jan 2024 23:59

Thanks so much! It wasn't easy! My first time writing about it!

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Re: Frum or not..??

Posted by willdoit - 29 Jan 2024 00:06

Hello,

Welcome aboard. Make yourself comfortable here, we are all strugglers each with their own.

There are alot of chevra here who struggle with SSA. start posting and sharing.. we are all with u!

P.s. Can u pls change the subject name to "Frum!!".. You are definitely struggling and may even been acting out, but it does not define who you are.. on the contrary, YOU ARE PRECIOUS SOUL seeking to help urself.

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Re: Frum or not..??

Posted by yankybp - 29 Jan 2024 00:10

I don't know the guidelines and what im allowed to share

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Re: Frum or not..??

Posted by redfaced - 29 Jan 2024 00:15

Welcome you've come to the right place.

Agree with willdoit you definitely can get rid of the question .

The struggle doesn't define who you are - the success that you will have from putting in the work, is what will define you.

Feel free to post whatever you feel will be helpful while keeping the details as vague (clean) as possible

Do some reading on some other threads to see what the standards are.

Hatzlocha!!

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Re: Frum or not..??

Posted by crabapple18 - 29 Jan 2024 00:24

Welcome, Read and Post on the SSA forums.

You're not the only one.

Hatzlacha!

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Re: Frum or not..??

Posted by yitzchokm - 29 Jan 2024 00:38

Welcome aboard. Kol Hakavod for taking the courage and posting. It might take some time, determination and courage but many people like you have broken free through GYE. Wishing you great success on your journey to freedom. Keep on posting and sharing.

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Re: Frum or not..??

Posted by Heeling - 29 Jan 2024 00:48

[yankybp wrote on 28 Jan 2024 23:49:](#)

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My dear holly brother,

My brothers here and myself surely understand you. Kudos to you for reaching out, this is a place of growth. Welcome to the club, look around, there a lot of good information. Stick around, post, and connect.

Its life changing!

Wish you much Hatzlocha,

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Re: Frum or not..??

Posted by Captain - 29 Jan 2024 13:47

Welcome! It sounds like you're struggling with your identity as frum because of your struggles. Please check out these great free resources that are helpful especially for this:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature.

Wishing you much success!

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Re: Frum or not..??

Posted by davidt - 29 Jan 2024 14:34

[yankybp wrote on 28 Jan 2024 23:49:](#)

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Hi & Welcome!

Do you feel comfortable talking to a mentor on the phone? There are a few good people here that are available for you. The fact is that getting out of isolation and being open and honest with another human being is one of the most affective steps a person can take for REAL recovery.

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Re: Frum or not..??

Posted by eerie - 29 Jan 2024 18:55

Yanky, all I can add is my own WELCOME! Looking forward to watching you go upward!

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Re: Frum or not..??

Posted by yiftach - 29 Jan 2024 20:04

Welcome!!!

You're in the right place! Surrounded by likeminded people who can relate to your struggle!

Stick around and bon voyage!

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