

Feeling Hurt

Posted by feelinghurt - 14 Feb 2024 02:41

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Hi, I'm feeling hurt and worthless. I came here hoping to find a way to overcome this struggle. Thanks for listening to me.

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Re: Feeling Hurt

Posted by holybris - 14 Feb 2024 03:47

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welcome! brother , i hope you will find big hope !

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Re: Feeling Hurt

Posted by iwannalivereal - 14 Feb 2024 04:00

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Welcome to GYE!

GYE is a community of people who share a common struggle, and who share a common goal. We all come here searching for ways to overcome this struggle and many have found their way out. Many of us have come here with feelings of despair and yiush after struggling alone for so many long hard years. I struggled for 15 years and had completely given up all hope of ever learning how to overcome this struggle, and yet I am now more than 5 months clean.

Hatzlacha Raba and welcome to the family!

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Re: Feeling Hurt

Posted by willdoit - 14 Feb 2024 04:48

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Welcome, You seem to feel worthless and uchy about yourself. It hurts, it really hurts. However,

regardless of what you did and are still doing, pls, know; you are a precious soul and nothing can take that away.

when you feel ready, start sharing your struggles, and you'll be shocked of how accepting the chevra are here.

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Re: Feeling Hurt

Posted by yitzchokm - 14 Feb 2024 05:58

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Everything we went through in our lives with these struggles definitely hurt but hope lives here on GYE. Many people have broken free through GYE and you will also break free. Feeling worthless feeds the beast. I suggest that you read The Battle of The Generation in order to overcome this feeling. Here is a link to the ebook: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. Many people on GYE are reading this book on a regular basis.

Take your time reading through some threads and make friends. The fight is much easier when we don't fight it all on our own. Keep on posting and sharing. Keep trucking.

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Re: Feeling Hurt

Posted by feelinghurt - 14 Feb 2024 06:39

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Thank you for all the chizuk. It does feel better just reading what you say. It's very hard for me... there's a lot of shame and guilt (and I mean **a lot**).

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Re: Feeling Hurt

Posted by Captain - 14 Feb 2024 13:04

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It sounds like your guilt is so strong that it is paralyzing you. You might benefit from starting by reading Appendix A at the back of The Battle of the Generation. Then go back to the rest of the book. Hatzlocha!

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Re: Feeling Hurt

Posted by chaimoigen - 14 Feb 2024 13:56

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[feelinghurt wrote on 14 Feb 2024 06:39:](#)

Thank you for all the chizuk. It does feel better just reading what you say. It's very hard for me... there's a lot of shame and guilt (and I mean **a lot**).

Welcome, Brother.

Here's a warm hand, and a hug.

It takes strength to open up, to come out of the shadows. Especially when filled with quiet desperation, shame, guilt, and pain.

But it's a lot easier to deal with all of this when you are walking together with friends. people who understand. Oy! Do we understand....

Take my hand - there is hope in this special place.

So many people have found doors open, where they had thought there was no path forward.

There is hope here. Stick around, read some threads, learn how it works. When you're ready, share a bit more.

We are here for you and with you,

Chaim Oigen

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Re: Feeling Hurt

Posted by Heeling - 14 Feb 2024 16:59

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Dear feelinghurt,

Welcome! I'm sorry for the hurt feelings, I can relate to feelings 'Hurt' and worthless, after all my username used to be Hurt, BH I'm kind of Healing now but still have a way to go.

There are a lot of special people here and lots tools to help us grow which helps us understand that we are anything but worthless.

So please my friend, straighten those shoulders, grin, and PLOW forward! Theres so much we can accomplish [together].

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Re: Feeling Hurt

Posted by eerie - 14 Feb 2024 17:53

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Welcome to the most amazing family, my friend! Here we are comrades, we stand by each other, together we climb and grow. We care about you and we want to hear about your struggles, your hardships, and your successes. Please share anything and everything. Maybe you can try to express what exactly is it that you struggle with as far as unhealthy sexual habits are concerned

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Re: Feeling Hurt

Posted by davidt - 14 Feb 2024 18:20

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[feelinghurt wrote on 14 Feb 2024 02:41:](#)

Hi, I'm feeling hurt and worthless. I came here hoping to find a way to overcome this struggle. Thanks for listening to me.

Welcome!

Shame is an excruciating and agonizing emotion. When a person feels shame, he feels

completely worthless and small, almost as if he has no right to exist. Shame is a powerful process that is hardwired into our system, and makes us humans sociable and responsive to the standards of our community.

Many are confused about the difference between shame and guilt. Guilt is a feeling of regret and moral failure that calls for some correction or repair. While at times guilt may indeed be pathological and therefore difficult to resolve, it compels the person in some way to change himself and repent or restore a breach. On the other hand, shame does not usually call for action. Instead, the message is, "You are completely unworthy, cannot fit in, and there is nothing you can do about it." This is why shame is much more destructive than guilt. When a person is feeling guilty, he can conceivably change and fix it, but when he is ashamed he is utterly unfit and does not belong.

The antidote for shame is acceptance and compassion. A person can learn to find a feeling of self-love and compassion inside one's self, and also find healthier relationships with people who provide that as well.

**That's what GYE is all about... acceptance and compassion.**

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Re: Feeling Hurt

Posted by feelinghurt - 14 Feb 2024 19:45

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Thank you for all the responses and chizuk - it makes a difference, really. Yeah, the shame and guilt is toxic. I know this because I withdraw and shut down. I can't look at myself in the mirror. If I have to go out and someone greets me, I turn red from embarrassment. I can't look at them. I want to dig a hole and fall in. Davening becomes really hard. Sometimes I can't daven at all. I miss the z'man, and then miss the next z'man too!

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Re: Feeling Hurt

Posted by willdoit - 14 Feb 2024 20:04

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Oish.. U carry a heavy load. Come on and unload all here - here, you don't need to hide.. we are in the same boat.

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Re: Feeling Hurt

Posted by willdoit - 14 Feb 2024 20:04

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Oish.. U carry a heavy load. Come on and unload all here, here, you don't need to hide.. we are in the same boat.

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Re: Feeling Hurt

Posted by davidt - 14 Feb 2024 20:52

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[feelinghurt wrote on 14 Feb 2024 19:45:](#)

Thank you for all the responses and chizuk - it makes a difference, really. Yeah, the shame and guilt is toxic. I know this because I withdraw and shut down. I can't look at myself in the mirror. If I have to go out and someone greets me, I turn red from embarrassment. I can't look at them. I want to dig a hole and fall in. Davening becomes really hard. Sometimes I can't daven at all. I miss the z'man, and then miss the next z'man too!

How Do You Clear Toxic Guilt/Shame?

1. Surrender and acknowledge the guilt: The first step in clearing guilt is to recognize and acknowledge the feeling. This involves becoming aware of what caused the guilt and understanding the impact it has on you.
2. Take responsibility: Take responsibility for your actions and make amends if necessary. This may involve apologizing, compensating for any harm caused, or simply expressing remorse.
3. Forgive yourself: Self-forgiveness is a key aspect of clearing guilt. This involves letting go of the past, accepting that everyone makes mistakes, and being kind to yourself.
4. Move on and focus on the present.
5. Seek support: Talking to a trusted friend, family member, or coach can help you work through your feelings and gain perspective.

## Here is Your Challenge

1. Write down a specific feeling of guilt that you have been carrying around.
2. Apologize to the person you think you have wronged. Write a letter, call them, visit them, just do it! Even if a long time has passed. There are no excuses. If the person is not around anymore then speak out the apology into the room.
3. Every morning for as long as it takes, sit still and repeat the following affirmation 4 times:

*"I am worthy of forgiveness and I release myself from past mistakes. I choose to focus on the present and move forward with compassion and understanding towards myself."*

4. During your day start observing how the weight of guilt dissipates and allow yourself to create more freely.

It's important to keep in mind that clearing toxic guilt/shame can take time and may require ongoing effort. But by addressing your feelings and taking steps to work through them, it is possible to find a sense of resolution and peace.

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