

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 feelinghurt - 23 Jul 2024 02:48

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What a great reference [415016](#) is - so relevant. Thank you ChaimOigen for this - it puts to words what I'm trying to accomplish. For me, it's really , really tough to not feel self-loathing... I admit so myself above when I say "Things I'm Going to Try to Do, Even Though They Are Hard for Me". These things are very hard for me to do, and I say so straight up. I've always felt shame about these things since I was a kid. There never was, "oh, but you're a good kid anyways", or "it's alright, I love you all the same". No, I was a bad, bad boy, period. So to somehow separate "what I've done" with "who I am", has always been a major challenge for me. That's exactly what I'm trying to learn how to do, so I can feel empowered to succeed and not give up on myself.

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Re: Feeling Hurt

Posted by feelinghurt - 25 Jul 2024 20:58

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Hey, I just wanted to say I feel guilty and selfish posting on my thread again, and ignoring everyone else's threads out there who are struggling just as much as I am. If I were in a better place, I would offer chizuk, advice, comforting words, etc. to all you guys. I hate being on the receiving end (and then again, it honestly does make me feel better! So thank you).

I've been journaling (writing in my journal) about why I often feel inadequate around other guys. It's more than just *aimas harabim* (fear of the public). I'm pretty introverted and very shy and can sometimes stammer when I speak to guys. It's funny (well not really), but I'm not this way around girls or ladies - just guys. I usually view guys as much better than me, so I can easily get intimidated by them.

I also believe guys try to avoid me. Maybe their avoidance is intentional, maybe it's not. I don't have a bad smell or anything, I don't smoke or drink, I shower daily, and I try to look presentable and safe to approach. But ever since I was in yeshiva, guys seem to have an issue interacting with me. Maybe they sense that I'm usually pretty terrified of them. But whatever the reason, I come away feeling inadequate (and lonely).

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Re: Feeling Hurt

Posted by minhamayim - 25 Jul 2024 22:14

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Hey, I just wanted to say I feel guilty and selfish posting on my thread again, and ignoring everyone else's threads out there who are struggling just as much as I am. If I were in a better place, I would offer chizuk, advice, comforting words, etc. to all you guys. I hate being on the receiving end (and then again, it honestly does make me feel better! So thank you).

Hi, I'm new here. I can relate to those feelings.

I think you should know that posting your story and updating us on your journey is a tremendous offering of chizzuk, advice, and comfort, in its own right.

Giving to others can be done in many ways, many times it's done through PROPERLY focusing on ourselves.

Hatzlocho!

MinHamayim

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Re: Feeling Hurt

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Posted by amevakesh - 30 Jul 2024 15:32

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How are you doing friend?

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Re: Feeling Hurt

Posted by feelinghurt - 31 Jul 2024 21:28

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Thanks for reaching out! I'm doing better today, and feeling better about myself and my struggles. As they say, ODAAT. It's hard to share more details than this - but I can say I'm in a much better place today than when I first came to GYE, and that's what really matters. Will keep you posted.

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Re: Feeling Hurt

Posted by minhamayim - 22 Aug 2024 04:57

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Pm's seem to be down for the time being so I'll say it here. How are you my friend. We haven't heard from you in a bit.

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Re: Feeling Hurt

Posted by amevakesh - 03 Nov 2024 19:39

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Still waiting for an update on how you're doing. We miss you!

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Re: Feeling Hurt

Posted by frank.lee - 13 Aug 2025 19:51

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Hi feeling hurt, hope you are feeling great!

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