

Just want to talk

Posted by shelmealshlemazel - 05 Jul 2024 13:55

Hi Friends

I hope everyone is well.

I have been struggling with a lot of what this site is about for many, many years but this is not what I'm here for today. I'm looking a bit for peer support.

I am now sitting on a delayed, stationary train on an erev shabbos and I am exhausted and have no stamina to do anything productive, and times like these often bring sad feelings to the fore and I felt like I needed someone to talk to and an online search sent me here.

Basically, my story, in terms of what this site is about, is probably very similar to yours but this is actually not what I want to talk about.

I feel a lot that the reason I got into being motzie zera and porn was because of the disfunctional home I grew up in, I probably didn't realise a lot of it at the time, but, conciously or subconsciously, I never felt good about myself and my parents were very frum and strict about very stupid things, like they made me have massive payos and I wasn't allowed to have cool clothing etc. I'm sure you get the drift. Now I realise that because I felt so ashamed of my family and there was a lot missing in my life emotionally, I had this need for things to make me feel good.

Again, I don't want to speak about the kedusha issues, more I am really just want to express my feelings to a very specail group of people who really care. As I write this I am actaully crying, I hope that the goyshe lady sitting next to me doesn't notice, where I live the goyim can actually sometimes be quite nice.

Anyway, I am 25 and single, I was about ten eleven years in yeshiva, I feel that it was a colossal waste of time, I didn't learn so well and I didn't know how to chill either. I also was and, though B"H B"H B"H now much less, lacking a lot in terms of social skills so the social matsav was so

so. I never enjoyed yeshiva but I was so suppressed, until a few years ago when I was old enough to just do what I wanted without my parents being able to tell me what to do, I was never allowed to work, I was always desperate for money but never had. I finally left yeshiva, but due to all the circumstances, I'm probably better off in yeshiva then out so I'll likely end up going back.

Whatever, I could write and write and explain all the details of my life so you can have a full picture...but anyway, I often feel sad, like this sense of sadness following me and I feel like no matter what I'm never happy.

I have tons and tons to be grateful for so please no one tell me to start thanking Hashem, I've filled journals with thanking Hashem and throughout the day I'm davening and thanking Hashem for all of things which go well. But still, often I just feel empty and unaccomplished and ignored and all the rest of it. I also learn living emuna every day, for years already.

Basically, these are feelings, some could be a reflection of the reality and some not, but this is how I feel.

B"H I have a very good therapist, as anyone who's been in therapy knows, it's a journey. This is the 5th therapist I've seen. This also gets me upset. I was a very good boy in school and I went to good mainstream yeshivos but got very burnt out towards the very beginning but I never got any meaningful help. It was basically a matsav of the good boys who were into learning got that sort of attention from the rebbeim and the troublemakers got their sort of attention and then me who wasn't learning but wasn't making any trouble was just ignored. This makes me very sad, I've experienced this in other situations as well, you know how everyone is falling over themselves to be nice to the OTD kids...also the kids from modern backgrounds. One mashgiach did realise that I needed help but this makes me so angry, he sent me to this rookie who is probably not qualified and was completely unprofessional. I feel that had I gone then to a proper therapist my life would have been so different, this was when I was 17, what did I know at the time? When I was about 22 I went again for therapy, stayed by this therapist for a year with little progress until I finally realised it was the wrong shidduch, when I spoke him about it he basically shifted the blame on to me. Arrogant idiot.

Anyway, finally found a therapist who I'm happy with...let's hope and pray.

That's the very long background, my feelings about my life are often regret about the past,

gashmiyus let me tell you, not ruchniyos like why did i not chill more with friends when I had them, now they are all married and I'm all alone, got almost no friends where I live. I often compare my life to everyone else who I see, like i feel everyone is living a enjoyable life besides for me. I'm jealous of girls and the life that they get to live, they can work from when they are young, they have money, I dunno, they all seem to be traveling the whole time, and all that. I feel unaccomplished, learning is still difficult and if I learn an hour a day then that's a good day. I try I try, probably not hard enough but I try. I am actually still quite frum. sometimes I wonder: what am I doing wrong? what am I doing wrong?

I'm not even sure if i want to get married, for years I was desperate to be "ready" because marriage was my get out of jail free card but now that I sort of left yeshiva and things are not so great and I've discovered that I don't really want to be anti-social, i sort of feel like if i get married now then I've missed out on all the single chilling and traveling that i never did and i'm closing the door on that peroid of my life and i'll always feel like i missed out.

I went on my first and last shidduch a few months ago, nice girl, she said no, no supprises, but she sort of triggered me because she's traveled all over the world and she seems to be super content with her life and it just got me jealous of her life. Another point, I always wanted a trendy girl, i try so hard to look cool, you have no idea how much money I spend on clothes and that, but she dressed very frum, it's just like I felt, I dunno how to put this into words but something like, can nothing ever work out for me?

Anyway, you don't have to read my ramblings, I feel a lot better having unburdended myself. I'm so happy that there is this forum, I once tried posting on another forum and not everyone was as nice as you guys.

Good shabbos and may Hashem grant you everything good. Amen

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Re: Just want to talk

Posted by frank.lee - 05 Jul 2024 14:08

Welcome! A great introductory post you wrote here!!

Is there pain now from your relationship with your family, or you are past that?

Did you hear of Eli Stefansky? I think you may gain from joining his Daf Yomi family, based on a few things you wrote here. Check it out.

Have a great Shabbos and Rosh Chodesh!

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Re: Just want to talk

Posted by chosemyshem - 05 Jul 2024 14:11

Welcome!

Thank you for sharing! It sounds like you've been through a lot, and it's very impressive that you're still learning and trying to fight the good fight.

One of the many benefits of this site is there's zero judgment and we'll emotionally support just about anyone or anything.

Stick around, post, make friends, never give up.

Hatzlacha!

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Re: Just want to talk

Posted by redfaced - 05 Jul 2024 14:30

[chosemyshem wrote on 05 Jul 2024 14:11:](#)

One of the many benefits of this site is there's zero judgment and we'll emotionally support just about anyone or anything.

Even Voldemort is comfortable here!!

Stick around we're here for you.

Hatzlocha

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Re: Just want to talk

Posted by youknowwho - 05 Jul 2024 14:42

[redfaced wrote on 05 Jul 2024 14:30:](#)

[chosemyschem wrote on 05 Jul 2024 14:11:](#)

One of the many benefits of this site is there's zero judgment and we'll emotionally support just about anyone or anything.

Even Voldemort is comfortable here!!

Stick around we're here for you.

Hatzlocha

Voldemort actually HATES Hogwarts and can't wait to *burn it down to the ground*.

Whew. Having gotten *that* out of my system....

Shelmealshlemazaltov or whatever, my heart literally bled from reading your post!

Please stop crying on that train. You have discovered some of the loneliest, saddest people around, who are a little less sad and lonely today, for they have found a friend or two here.

You can too.

Have a beautiful Shaabos!

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Re: Just want to talk

Posted by yanky9502 - 05 Jul 2024 14:50

hello

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Re: Just want to talk

Posted by BenHashemBH - 05 Jul 2024 15:04

[shelmealshlemazel wrote on 05 Jul 2024 13:55:](#)

It was basically a matsav of the good boys who were into learning got that sort of attention from the rebbeim and the troublemakers got their sort of attention and then nebbey me who wan't learning but wasn't making any trouble was just ignored. This makes me very sad

That hits home. Right in the feels. It hurts so bad, and I'm sorry.

All I can say is, the person I am today is a product of those experiences. If people had cared about me, things would be different, and I don't want to be different. All of those years of being unappreciated and ignored forced me to develop an achrayus for myself that I would probably not have otherwise. I had every excuse to leave and do my own thing. Looking back, it could only be Hashem that kept me from throwing it all away. You seem like a very genuine and mentchlich person. There are people who seem to have it all, usually they don't. There is a shortage of genuine people around from both genders, and you deserve to find the person who appreciates the real and special you. None of the external. Find and appreciate yourself, and you'll IYH find the other special person who appreciates you too.

Hatzlacha

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Re: Just want to talk

Posted by eerie - 05 Jul 2024 15:53

Dear Shmiel (sorry, I can't bring myself to write it another way)

Welcome the warmest most welcoming place I know about. We are your family here, we care about you, we want to hear from you. My heart hurts for all the pain you poured into that post, and I am so happy it helped relieve some of the ache. Please stick around, get to know the chevrah. It's worth your while

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Re: Just want to talk

Posted by horizon - 05 Jul 2024 18:23

Ay, reb shmiel it hurts. oy does it hurt. i'm so sorry.

i hope you find light on the

horizon

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Re: Just want to talk

Posted by jewizard21 - 05 Jul 2024 21:03

Welcome,

there's a lot here that I can relate with. One idea that I still have a hard time internalizing is that no one has life figured out. Ppl including myself put up a faccade of how their life is going. Its really easy to get sucked in and see everyone around you and not i.e. social media having the time of there lives.

The truth is that we all have our problems to deal with.

Honestly idk how constructive this post is and you might reject it bc ik there's a point in time that I wouldn't wanna hear it but it's the truth even though it sucks to hear.

In life and for a date specifically the whole idea is that you are presenting yourself as your best self. So for example I would talk about all my accomplishments and interests but never bring up the fact that I struggle with pornography or other issues. But in the end this facade is a fallacy.

I could go on but I too am on a train and about to get to my stop. I hope this was received as intended.

Have a great shabbos!!

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Re: Just want to talk

Posted by youknowwho - 05 Jul 2024 21:36

What's up with all this train business anyway in the year 2024?! Ain't no trains where I live, have y'all actually discovered Platform Nine And Three Quarters?!

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Re: Just want to talk

Posted by jewizard21 - 05 Jul 2024 21:48

I actually have been there

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Re: Just want to talk

Posted by shelmealshlemazel - 12 Jul 2024 11:43

Dear Friends

Just got to read your replies very quickly now.

Made me cry once again reading, but this time tears of emotion.

Thanks for all the love!

I love you all as well.

Will be in touch.

Good shabbos to all!

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Re: Just want to talk

Posted by proudyungerman - 18 Jul 2024 01:48

My friend, how are you doin'?

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Re: Just want to talk

Posted by frank.lee - 20 Aug 2025 09:13

Hey Shmuel, you alright?

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