

Losses On the Battlefield, but haven't surrendered

Posted by bruised - 13 Aug 2025 22:19

Hi.

Not sure how to start things off.

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Re: Losses On the Battlefield, but haven't surrendered

Posted by bruised - 13 Aug 2025 22:21

I've been around here.

Some of you might remember me.

I've spoken about my struggles with P & M....

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Re: Losses On the Battlefield, but haven't surrendered

Posted by bruised - 13 Aug 2025 23:29

...but haven't mentioned other struggles.

Certain urges and attractions that sometimes decide to stop in and say hi.

That I try to ignore, to push away to somewhere in my brain where I won't bump into it.

So I can try to tell myself that its not true.

Because it can't be.

For sure not.

I am *not* SSA.

Definitely not.

And anyways, even if I am, if I don't think about it and pretend I'm not, then I'm not, right?

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Re: Losses On the Battlefield, but haven't surrendered
Posted by keepmekadosh - 14 Aug 2025 04:14

Hey buddy. We are all here for you. If you tell us more about yourself, we can give you more chizzuk and help

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Re: Losses On the Battlefield, but haven't surrendered
Posted by thompson - 14 Aug 2025 14:49

[bruised wrote on 13 Aug 2025 23:29:](#)

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For sure not.

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Definitely not.

And anyways, even if I am, if I don't think about it and pretend I'm not, then I'm not, **right?**

Of course right.

- Tzeitel

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Re: Losses On the Battlefield, but haven't surrendered

Posted by alex94 - 14 Aug 2025 17:15

[bruised wrote on 13 Aug 2025 23:29:](#)

For sure not.

I am *not* SSA.

Definitely not.

Very often, SSA isnt a yes or no question.

But even if it was, **you** would not be SSA. You would be a holy Jew. Dealing with a tough challenge.

Many here, including me, have dealt with various levels of SSA and are here to tell the story.

Please do share your struggle with this wonderful forum, and bezH you will receive chizzuk and perspective.

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