A short introduction about me, WeWillWalk
Posted by WeWillWalk - 20 Apr 2010 08:16

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So I'm WeWillWalk,name based on some verses I like really much.

What is it to say about me? Like the rest of you,I'm here because I want to make a change and be free. I'm tired of falling and the depression coming after that,making you feel like a big pile of junk. Especially since my bad mood will affect those around me,my mother,father and sister,and I really don't want any more to make them depressed too because they don't know why I'm like this,why I'm sad,what they can do to help me. I want to be free.

A little about me: I'm soon to be 19,studying at a secular high school (because I live in a small Jewish community). I'm quite introverted,don't speak very much and don't have many friends either,having a hard time seeing new faces and enviroments and usually prefer to be in calm places,mostly finding myself just with me as company. I'm also quite demanding of myself,have huge expectations and that mixed with low self-confidence is a dangerous combination. I read Nura's story where he too said that he was a bit like that when he was young,so I hope I can get some help now,when it's easier to correct imperfections you've got.

I understand that it's normal being a young adult to have lot of hormons flying through the body and such,but I wonder,what can you do to accept you've got those feelings but still not give in to them? How can you use this energy you've got in a wise way? I feel like it's easy to just ignore the feelings,because you might feel they are not appropiate. But then they'll just backlash back at you after some time. So my question is simply,how can you channel all the energy in a healthy way?

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Re: A short introduction about me, WeWillWalk
Posted by Chazak Amenu - 22 Apr 2010 22:59

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sorry, don't know where you live. i cant put an exclamation point because right now i am depressed maybe when i am feeling better i will answer more vibrantly.

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Re: A short introduction about me, WeWillWalk
Posted by DovInIsrael - 22 Apr 2010 23:09

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ok - so use it on me.

hope it cheers you up.

after all what are friends for.

btw - do you know the halachos of putting your shoes on?

very important!

no matter what else happens during the day - at least you can say you started your day off ON THE RIGHT FOOT !

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Re: A short introduction about me, WeWillWalk
Posted by Chazak Amenu - 22 Apr 2010 23:11

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i replied to your question on the i fell again thread i would love feed back

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