

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

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as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m\*\*\*\*\* habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequent ....and eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching \*\*\*\*

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 17 Aug 2017 18:44

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Despite everything that happened ....that i have done wrong

i had a pretty good day today .....

Taking it one day at a time has become more than a gimmick ....its become survival in itself  
....any other train of thought right now will literally kill me ....

i have learned to accept certain realities

And maybe lust is SO toxic for me that i must let it go entirely ....for today ....

and live to help those who still need me as i can

And work to get myself out of the cruch that my life has been for 30 years

it is difficult ....but i try to trust HASHEM

because it is all Him and His plan for me and he loves me

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Re: laughingman tries to count to 90.....  
Posted by Shlomo24 - 18 Aug 2017 03:01

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One day at a time is survival for me also.

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Re: laughingman tries to count to 90.....

Posted by laughingman - 22 Aug 2017 06:02

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Every time i have any kind of stress or difficultg now i turn to porn .....and i ma,,,,,,,,,

its like everything i learned here over 4 years just \*poof\* gone ....

i would never have believed 4 years ago it would really get like this but here it is

i still have things good comparatively ...but i dont see it ....all i see is lost opportunity for perfection and all the mistakes i have made that led to this situation

all i think is how i could have or should have .....i just beat myself up all day .....and i feel bad for myself

i also have huge doubts about teshuva in general

i know i have heard all the stories but all the stories we are told are from masters of being perfect ....who just sat and learned ....their transgressions are mitzvah compared to the darkness i have willingly embraced

how can G-d love a lost child like me ....even my own mother did away with me

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Re: laughingman tries to count to 90.....

Posted by Jman356 - 22 Aug 2017 12:24

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Achi,

It seems like there is a very pressing need for you to be in therapy. You have made so many strides, but reading your recent posts it doesn't seem like you are letting anyone get through to you. I commend the tremendous work you've put in and even if you can't see it now the progress you've made sticks with you. If you only listen to one post on here please let it be mine. Sometimes it gets too much to handle alone. You really need to get yourself a good therapist. Time heals, brother, it really does. But therapy is so valuable to your life right now.

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Re: laughingman tries to count to 90.....

Posted by cordnoy - 22 Aug 2017 13:53

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[Jman356 wrote on 22 Aug 2017 12:24:](#)

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what i need is a meetin' or two and another dose of the 12 steps.

[laughingman wrote on 16 May 2016 11:46:](#)

....i truly need a normal therapy routine ....but have yet to find a solid therapist i feel safe with  
.....

[thanks613 wrote on 25 Jul 2016 22:02:](#)

Finding the right therapist could be tricky, but it's good advice not to be too selective. Also, looking at the first visit as a consult might not be a bad idea - maybe one therapist won't have the expertise you want, but can help you find another. Just a thought

[laughingman wrote on 31 Jan 2016 06:23:](#)

I recently got in contact with sa people near me ....but i am still working up the courage and time to go to a meeting ...although i am not even sure that is where i need to be .....i do need therapy ....that is obvious like it is day .... i just dont know what kind or where to get it from

[markz wrote on 16 Mar 2016 13:33:](#)

My friend - we are here to listen and feel your pain, but if you are looking for help, go to someone that charges \$ to listen

[laughingman wrote on 25 Jan 2015 05:48:](#)

I really do need soo many things which i dont get ....cause whatever reason ....therapy being one of them..

[the.guard wrote on 23 Nov 2015 10:50:](#)

This sounds serious. Please be evaluated by a psychiatrist for depression. They say that 1 in 5 people suffer today from depression. Why should you suffer needlessly? I have seen so many people helped with some simple medications (will almost no side effects). It had a drastic effect on them and the depression disappeared! It's just a chemical imbalance in the brain. Make sure to take care of this ASAP. Depression is horrible!!

[laughingman wrote on 25 Jul 2016 15:51:](#)

Today insaw a psychiatrist ....i started talking about my anxiety and depression

..but i cant talk about my sexual problems with a pill dispenser guy ....i think i need a therapist for that ...and someone versed in therapies having to do with people experiencing sexual and marital problems .....i just dont know where to turn to here .....

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Re: laughingman tries to count to 90.....  
Posted by laughingman - 19 Sep 2017 05:57

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I can feel myself drowning .....in self pity ...

in spiritual self harm

i dont know if this wheel has brakes

some days i think i will make it anyway ....and some days i feel like i dont deserve the air i breathe ....i dont have anyone to turn to .....i have spurned G-d.....it is hopeless .

i am not myself anymore

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Re: laughingman tries to count to 90.....  
Posted by Hashem Help Me - 19 Sep 2017 11:11

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Hi laughing. first time i ever saw your posts so i dont know much about you, but you definitely would do well in the field of drama! All kidding aside, the pain and anguish are real, but as you must have seen on the various posts here, the program works for so many people. Get on board and iyh you will have hatzlocha too. Do you speak with anyone?

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Re: laughingman tries to count to 90.....

Posted by laughingman - 01 Nov 2017 14:18

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I feel like i havent posted in a year

soo much has happened in me

i have started to try to accept G-ds plan for me anf stop pretending like i have any control over my life

also understanding that while it is painful to accept on some days more than others, whats done is done and and wishful thinking and feeling sorry for myself help nothing

and also i await a day that i can change my situation but in the meantime i focus on getting closer to Him as much as possible and pray everyday for my life to improve according to his plan and beg forgiveness that only he can orchestrate

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Re: laughingman tries to count to 90.....

Posted by laughingman - 25 Dec 2017 09:18

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Since my last post....my duality has taken new heights

on the one hand i daven more ....i try to relax and accept that even though things are hard and things happened that it is NOT only my actions, though a catalyst they may be, that have led to my current situation

i also have been realizing just how damaging my childhood was especially certain things ....

on the other hand i havent stopped looking at sm\*\* for months now .....i actually started doing it more .....mainly because i feel so alone in life now

sure i have family ...but they rely on me ...i have no one to lean on .....and as far as HASHEM i feel like i just push him away and perhaps i am too far

also i have essentially been unemployed for a long time now ...my business has fallen to almost nothing .....we are getting by barely ....im trying to retrain for truck driving but life and my previous debts are making it painfully slow

i dont go to any meeting or counsel or anything really

sometimes i kinda talk to Hashem but i dont really know if he hears me through all the filth .....

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Re: laughingman tries to count to 90.....

Posted by tzomah - 25 Dec 2017 11:19

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sounds rough

i think i would be angry at the filth

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Re: laughingman tries to count to 90.....

Posted by laughingman - 28 Jan 2018 09:34

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I have been on this site for 4 years ....in that time ....i all but ended my marriage, basically lost a child and fell into soul crushing debt



i havent spoken to anyone normally ...i do not go to any kind of therapy

all i do is m..... and when i do the chemicals in my brain change and i suddenly remember what im trying to do ....but its always too late .....im always too late

my wife has become an athiest ( she says )

And my step child is following her

I blame myself ....i never showed them judaism as true ....cause if i am a fake then so is the torah i feel thats what i have demonstrated through my ridiculous behaviors

A long time ago i started talking to dov ....but it was already too late

it says Hashem forgives ...but with a resume like this what can he do

all i do is take care of them ...and none of them like me any better for it

There is no improving ...i am what i am

i give up

soon as they are older i think i will end me

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Re: laughingman tries to count to 90.....

Posted by tzomah - 28 Jan 2018 12:27

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ok so if you give up and you think there is no improving maybe it is time to start recovering

forget your wife kids god olam habah gehinom etc.

maybe it is time to think of yourself do you have anything to lose by stopping today

to change the chemicals

laugh laughing man lots of good chemicals there

don't depress yourself

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Re: laughingman tries to count to 90.....

Posted by Markz - 28 Jan 2018 15:22

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[laughingman wrote on 28 Jan 2018 09:34:](#)

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**The END..**

**Warning: Spoiler!**

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Re: laughingman tries to count to 90.....

Posted by cordnoy - 28 Jan 2018 16:30

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[Markz wrote on 28 Jan 2018 15:22:](#)

[laughingman wrote on 28 Jan 2018 09:34:](#)

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**The END..**

**Warning: Spoiler!**

Although you mean very well, I'm not sure that's bein' completely fair with Mr laughin' man. He seems to have been to rock bottom several times over. He has quit the forum several times over. I even believe he has been to professional help. One time, when I was in his country, we almost met. We did speak on the phone. His pain is an endurin' one.

MrMr laughin' man, what can we do to help you?

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