

Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 28 Nov 2013 00:44

---

Dear chevre, tayre yidden,

I am back, after a long time of denial. Today is the first day, a lot has happened. I will write about it as soon as I find time, iyH.

Happy chanuko.

=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 29 Nov 2013 14:44

---

As no one is replying, I will write here, that I finally, bechassei Hashem got a sponsor.

An interesting idea I heard from R. Reuven Leuchter, see Pachad Yitzchok on chanuko.

The power of giving birth is not a "ugly yetzer hara", it is above nature, this is the only way that a child of a mumar is still Jewish.

=====

Re: Leat, leat -- yesod bigematria.

Posted by kilochalu - 01 Dec 2013 07:11

---

leat leat - yesod bigematria

leat leat is a soch (samech chof)

=====

Re: Leat, leat -- yesod bigematria.

Posted by cordnoy - 01 Dec 2013 08:46

---

[yesodhayesodos wrote:](#)

Dear chevre, tayre yidden,

I am back, after a long time of denial. Todays is the first day, a lot has happened. I will write about it as soon as I find time, iyH.

Happy chanuko.

I am sorry

I did not know what to reply to.

"A lot" has happened...in a good way?

I guess you will write about "it" when you find time.

Welcome back.

b'hatzlachah

=====  
=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 02 Dec 2013 02:11

---

I am sorry

I did not know what to reply to.

"A lot" has happened...in a good way?

I guess you will write about "it" when you find time.

Welcome back.

b'hatzlachah

You are right. Now I will write about "it": I tried for a while without gye and managed only 60 days approximately. Then I thought that my difficulties with hz"l will be solved through marriage and went into shidduchim, till I got engaged. However, we had to break, and now I am quite happy about it. This all happened already many, many months ago, and now I will have a longer break from shidduchim with no pressure b"H from anyone.

Unfortunately I still feel depressed after what happened, and I am now doing a psychotherapy, that will help, iyH, as I have a tendency to blame myself for everything.

After a lichtige shabbes, today is day two.

The truth is that last week I wanted to send a few emails. As internet in yeshiva did not work, I went to the internet café, there I stumbled and saw mature content.

I now decided to have internet independent of the yeshiva, with a filter, and not to go to place where no one can see me with the internet.

=====

Re: Leat, leat -- yesod bigematria.

Posted by Pidaini - 02 Dec 2013 03:37

---

Welcome!!! It's great that you are here!!!

What are your struggles? What was it that you tried?

KOP(osting)

and KOT!!!

=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 02 Dec 2013 17:46

---

I tried taphsic and filters. The struggles are p\* and hz"l. The filters did not help as sometimes I did not have my notebook and I needed internet, so it was unfiltered. The taphsic method did not help as sometimes I did not remember the shvue.

Now I have additionally a sponsor.

=====

Re: Leat, leat -- yesod bigematria.

Posted by Pidaini - 02 Dec 2013 22:15

---

Great, so are you working the steps?

=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 03 Dec 2013 20:33

---

I am actually working the GYE handbook and not the 12 steps. Or you could say I am working the beginning of the 12 steps, i.e. step one. I find it very helpful to help someone to talk to, even when not (yet?) working the 12 steps. Today is day three. I had a solid seder today and also some exercise, b"H also the psychotherapy I started a while ago seems to be helpful.

=====

Re: Leat, leat -- yesod bigematria.

Posted by Pidaini - 03 Dec 2013 23:46

---

Gevaldig!!!

Yup, speaking to someone is a massive help, KUTGW!!!!!!

=====  
=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 06 Dec 2013 03:00

---

Gevaldig!

Speaking to someone who is listening is even better. This is the case. Today is day six.

=====  
=====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 08 Dec 2013 00:50

---

B"H, after a long while I reached one complete week. Even though I feel weak. I am starting to feel a bit happiness entering.

I am unfortunately, still suffering from depression, I am now in therapy, but I might consider taking medications if things will not get better. The idea of taking prescribed anti-depressants is a bit daunting, to be honest.

=====  
=====

Re: Leat, leat -- yesod bigematria.

Posted by skeptical - 08 Dec 2013 05:34

---

It is ultimately a doctor's decision regarding whether or not you need medication. If it is prescribed to you, take it. Why worry?

=====

====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 10 Dec 2013 19:49

---

Yes, you are of course right, I wrote about my feelings of being worried, there is no rational reason. Thank you Skeptical. By the way, today is day 10.

=====

====

Re: Leat, leat -- yesod bigematria.

Posted by yesodhayesodos - 15 Dec 2013 02:17

---

Thank you GYE chevre,

Today is day 14. B"H. As far as the depression is concerned the therapy seems to help a bit as we found one possible reason in early childhood. It would seem that p\* and hz"l are ways to fill the hole created by a traumatic experience in early childhood. I am now crying almost everyday, but this feeling is much better than the feeling of emptiness or the feeling of acute pain that needs to be alleviated, guess how, sweet p\*, fantasy, hz"l and immediately I went to the kissei hakovod.

I wrote this all to share, I hope to get again chizuk and advice as I got till now.

Have a wonderful woch.

=====

====