

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 06 Nov 2017 22:02

Just had crazy thought while taking a shower and it is freaking me out (not triggered or lusting) encouraging and thoughtful that i know i can do this for good !

My brother was hurt do to my acting out some 15 years ago meaning he was punished for what I did and I still am scared to ask his forgiveness for it as he does not know it was me and we are having a good relationship after a few challenging years.

I know that i need to calm down about this and a time may come when it will be appropriate but...

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Re: I will make it b"h

Posted by MayanHamisgaber - 08 Nov 2017 20:15

B"H doing well

Thought about calling someone just to update but felt silly calling....

stupid me.....

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Re: I will make it b"h

Posted by tzomah - 09 Nov 2017 09:19

mayanhamisgaber is a good name

sillystupid is not

those feelings r normal don't got call yourself stupid for em'

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Nov 2017 21:16

tzomah

Yes agreed to all but this name is an aspiration/tefillah to what I once might have been and what I would like to be.....

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Nov 2017 21:18

B"H a good week as far as lust goes

I did not call someone again maybe next week

signing off till after Shabbos bl"n as I feel I waste too much time.....

Have a great Shabbos everyone.....

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Re: I will make it b"h

Posted by tzomah - 10 Nov 2017 09:55

[MayanHamisgaber wrote on 09 Nov 2017 21:16:](#)

tzomah

Yes agreed to all but this name is an aspiration/tefillah to what I once might have been and what I would like to be.....

ok so then you r the tefillah aspiration of that

but that also comes from the mayan

silly and stupid aint in there or you would not have that aspiration

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Re: I will make it b"h

Posted by Hashem Help Me - 10 Nov 2017 12:18

Mayan, someone who has been with us long enough to post over 1000 comments, opinions, chizuk, questions, and the like is far from being silly or stu... Many of us here suffer from low self esteem because of our struggle, but let's face the truth. There are many many people struggling with these issues, and some special individuals, like yourself, are doing something about it. Your journey with all its highs and lows has been shared for all to see. Do you think Hashem doesnt have tremendous nachas from the inspiration you have been to so many newcomers (and oldtimers)? Your honesty, courage, openness, and resolve have encouraged me and so many others that "it can be done". Thank you and G-d bless you.

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Re: I will make it b"h

Posted by MayanHamisgaber - 11 Nov 2017 17:33

Tzomah

It took me a while to understand your post but I got it

Thanks

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Re: I will make it b"h

Posted by MayanHamisgaber - 11 Nov 2017 17:48

[Hashem Help Me wrote on 10 Nov 2017 12:18:](#)

Mayan, someone who has been with us long enough to post over 1000 comments, opinions, chizuk, questions, and the like is far from being silly or stu... Many of us here suffer from low self esteem because of our struggle, but let's face the truth. There are many many people struggling with these issues, and some special individuals, like yourself, are doing something about it. Your journey with all its highs and lows has been shared for all to see. Do you think Hashem doesnt have tremendous nachas from the inspiration you have been to so many newcomers (and oldtimers)? Your honesty, courage, openness, and resolve have encouraged me and so many others that "it can be done". Thank you and G-d bless you.

I will write the following knowing that eyes will roll and minds will think "come on already grow up shut up" but I will write it anyway and hope the feedback won't be to harsh

Yes I have been here long enough to have over 1000 posts yet still I have barely begun to make any progress guess I have been wasting a lot of time, mine and others.

Is this a low self esteem talking, probably, and while it is talking I'll let say a few more things like, many many people struggle true but if I were to live my life by looking at others I would be a druggy and a few worse things by now as many of my classmates from school ended up that dark road

And quite frankly I am very embarrassed with my journey so far and really do not see where there is any inspiration to be gotten especially from the old timers who are probably ready to kill me by now and for me to think about what Hashem gets from me would be suicide as whatever nachas he gets is dwarfed by sadness and pain that I am such a mess.

Thanks for being patient with me HHM TZOMAH MARKZ CORDNOY and all the rest of you (sorry if I have not mentioned others that I have had interaction with) may you all remain healthy and clean the rest of your lives

(and try not to leave me in the dust)

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Re: I will make it b"h

Posted by mikestruggling - 11 Nov 2017 19:41

Gevalt!!!! I used to think exactly like you. To the point that I had a dangerous episode. My therapist after talking to me for about 15 mins (if I remember correctly- definitely the first session with this guy) says SA. The real fellowship of seeing and connecting to other people not just user names really makes a difference. If you are an addict (try the SA 20 questions or speak to someone who knows) they teach and show you how you can not control yourself and you can not blame yourself.

Regardless if you are or are not an addict Hashem loves you more than you can imagine. The 13 Middos start with Hashem Hashem the first one is the love He has for you before you did an aveira the second one is the love He has for you afterwards- I think even if it was done l'ha'achis (just to rebel against Hashem c"v). You can rest assured Hashem loves you and does not nor will He ever give up on you.

I don't think the oilam here will give up on you either. Look at R' HHM's post this is where people like us turn this is what this website is made for. Not for people who can stop for people who need help. There's nothing wrong with that. I probably need more help than you do. I happened to Baruch Hashem have found a path which seems to work for now. You will B'eizras Hashem find yours too just keep your eyes open.

Keep on trucking.

Best of luck.

Please keep posting.

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Re: I will make it b"h

Posted by tzomah - 11 Nov 2017 20:40

look at the baal shem tov on ois ches by ??? he says to reasons why the ? is there

hashem is always with u you can't let him down as he aint human

you don't need to look at others the point is to see whats possible

anyways dust where?

i don't see any

you will make it or else you wouldn't be here

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Re: I will make it b"h

Posted by Hashem Help Me - 12 Nov 2017 04:00

Mayan, no one is giving up on you. We are here with you wherever this journey takes you. Even if you try to scare us away, our hands will be outstretched waiting for your grip.

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 12 Nov 2017 20:47

Hey

Getting rather stressed out right now

Why? because I potentially have 3-4 thousand dollars worth of dental work to be done between me and my wife and only \$1700 in the bank

but I'll just give it all over to Hashem and let him take care of it for me/us

So: Hashem I cannot deal with this please help me take a back seat and do your will and please take the stress/want to act out away as I will fall soon if I try to fight it.

Thanks for listening.....

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Re: I will make it b'e"h

Posted by Markz - 12 Nov 2017 21:12

Oh no

Refua shleima!

[MayanHamisgaber wrote on 05 Nov 2017 20:48:](#)

So I got thru to a fellow trucker and we came up with a plan

I will bl"n write down 3 things to do before I act out and if i do not do one of them then there will be a small "knas"

Wishing myself much Hatzlacha

(And thank you)

This Taphsic road seems to be a backdoor or reverse lane - not sure you'll get far with that...

I believe cutting down on virtual connectivity and upping the real / live gye **regular** connection is likely to help you find some sort of sanity in life. You took baby steps in that direction... I think you can grow out of the infant seat - only if you wish

Thats my unsolicited take for a fellow brother. Take it or leave it

UCTACTTW...

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