

lonely

Posted by hopeful12 - 24 Dec 2020 01:25

I'm new to this but here goes nothing..

Being and adult is lonely. In Yeshiva there is always something going on or someone to give chizzuk and relatively no stress. In college there is nobody there for you, you're all alone, and there's mountains of stress. I think this issue has been a mini escape from stress and work that leads to a bad cycle of stress, issurim, more stress from falling and the cycle goes on and on...

Any advice or comments would be great.

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Re: lonely

Posted by eyes - 24 Dec 2020 02:06

Hi hopeful12,

been there done that. You could read my story on the chanukah challenge.

Install a BIG FILTER.

try to stay busy. Learn one more hour of the day. Study a bit more harder.

you could PM me and I could give you more advise.

I was in college before getting married for 2 solid years including the summers

You could get through this

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Re: lonely

Posted by Zedj - 24 Dec 2020 04:21

Hi hopeful,

Welcome!

If you work on yourself and stick around you will certainly be successful. There are many members if GYE ready willing and able.

What really has been helping me so far is counting my clean days here on the forums.

It helps with accountability and will give chizuk to many.

Also it gives you a chance to vent your stress, urges, desires, comments and thoughts.

What exactly are you studying in college?

Have you spoken to anyone about what you struggle with?

What have you tried to stop?

Do you have filters on your devices?

Wishing you much success!

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Re: lonely

Posted by Grant400 - 24 Dec 2020 04:21

[hopeful12 wrote on 24 Dec 2020 01:25:](#)

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I don't have any advice, just wanted to say I feel for you. Hang around and post. There are amazing people here who can help.

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Re: lonely

Posted by Ish MiGrodno - 24 Dec 2020 04:29

lonely -

HERE GOES **NOTHING?!?** You are tonight's hero! Grant's post Chanukah miracle (Grant can explain that)! The reason why I will refuse to fall tonight! You are the man of the hour and on center-stage of this community of brothers!

LONELY?!? Repeat after me: "No longer lonely." We will be at your side through successes and through falls! Through fire and water. Through hellish days and through the sweetness and placid feeling of a clean and satisfying day.

Never leave, stay here for good and as your brothers, we will be your greatest advocates.

Your new friend,

Ish MiGrodno

P.S. I can only offer for myself, but there are dozens of guys here that you can PM or email ANYTIME. Do not underestimate our love and care for you.

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