

Help613 Starts out

Posted by help613 - 30 Dec 2009 17:08

Hi

I just signed up to this site and have no idea what is going on or how it works. The few post i did read through seem to me that all ppl

using this site are married couples. I am a 24 year old yeshiva bochur struggling tremendously over all kinds really bad aveyros...

Throughout the past few years i have done stuff which are so bad i feel hardly any1 would do them. the main problem is if you see me i look

like a real yeshivish guy who has no such prob. and thats y no1 approaches me and tries to help me out of this massive prob.

Dose any1 have any good advise ??? thanks so much in advance

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Help613 Starts out

Posted by Sturggle - 30 Dec 2009 17:11

help613,

WELCOME!!

you have come to the right place.

first, maybe start your own thread.

when you enter the wall of honor board, click on start new topic and tell us about yourself and we'll be there for you!

also, there are handbooks with a lot of good info.

im sure youll see the links shortly...

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Help613 Starts out

Posted by Dov - 30 Dec 2009 17:46

Hi Help613!

How about we get together sometime and share battle scars? We'll have a little competition. I bet mine are far worse than yours, you bet that yours are...etc....

Participating in GYE may be a giant step you can take to *finally* take good care of yourself. It's nice to know you care about yourself enough to actually do something!! That didn't come easy
And it seemed clear to me that I had best keep others away from the truth about me, too! *More* secrets!

My frum persona, like yours, hid a mountain of secret sick behavior, and hid a mind that was totally preoccupied. I was either planning my next adventure or worrying like crazy about when I'd screw up next.

It was miserable.

If I had any advice to you it would be to:

1- Stick with it. The beis hamikdash wasn't built in a day (or a month, or even 90 days).

2- We tend to whine (me too), cuz it hurts - that does us no good. Sympathy feels nice but could just be encouragement to make no changes. Staying the same is clearly *not* why you have come here. Just share the facts about yourself and you'll get better.

3- Consider being consciously grateful to Hashem for 1 minute sometimes, right before shacharis, mincha and/or ma'ariv for giving you this website and for all the opportunities you will have for freedom from future pain as you get better.

for me, at all. In fact, the person I tried hardest to keep away from was myself!

You are far from alone. *Real* far.

Hatzlocha Rabba!

- Dov

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Help613 Starts out

Posted by imtrying25 - 30 Dec 2009 18:05

[help613 wrote on 30 Dec 2009 17:08:](#)

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Well youve definitely come to the right place!! Welcome aboard. No we have bochurim here too. ut many of us are suffering for awhile many through are teenage years. So hang around. Youll get lots of chizuk. youll also get tips on how to help yourself with your problem. Hatzlacha. And know we are all here for you.

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Posted by habib613 - 30 Dec 2009 18:12

imtrying, head over here

rehab-my-site.com/guardureyes/forum/index.php?topic=1453.new

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Help613 Starts out

Posted by imtrying25 - 30 Dec 2009 18:15

Thanks Habib. Was actually in middle of posting there.

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Help613 Starts out

Posted by habib613 - 30 Dec 2009 18:17

yeah... now i see!

sorry!

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Help613 Starts out

Posted by Kedusha - 30 Dec 2009 18:56

[help613 wrote on 30 Dec 2009 17:08:](#)

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Dear Help,

Please go to the thread you started for a whole string of royal welcomes!

rehab-my-site.com/guardureyes/forum/index.php?topic=1453.0

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