

Hope At Last

Posted by jewishfaker - 29 Dec 2010 07:02

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I started a couple days ago writing on the "introduce yourself" forum and it gave me alot of chizuk. Because I went ahead and read the handbooks, forums etc. This helped me start the 90 day challenge (something I never would've done otherwise).

So first off I would like to give a thanks to all those that replied to my original post and brought me to start this challenge. Every day that I've held out so far and biezras Hashem that I will be

My first post on gye was as follows a letter I almost wrote to a therapist I've been seeing for depression, and went as follows

"I didn't want to wait because i was afraid I'll end up not saying anything. Truth is it makes sense that I'm running away. Running from life or better yet running away from myself. I have what to run away from. I really am a failure and would rather live a fake life then face reality, because every time I tried facing reality I failed. We all do have some monkey in us and we act on whats comfortable. Life ain't comfortable, or better yet I cant live with myself, so I dont. There is another way to deal with it, but I dont think you'll approve. Its called suicide. Problem is It wont make things any better, otherwise I wouldve done it already.

People think of me as this great guy but I know the truth. I know there aint anything really there. Its a fake a fraud. I know this sounds like Im feeling hopeless, but truth is I am. I turned clean in the future is to your credit to oblivion because its so much easier, or better yet its the only thing I can do. After enough times of being punched one tends to stop picking up his face. Its only natural you know. Im sick of this whole life. Sick of being who I am. Sick of pretending to be someone else. I dont even know if ill send you this ill probably just erase it. Its not worth it anyway. I guess it is because even the smallest hope is better then none. flake whats the difference if theres hope if I wont go through with it anyway.

dang I do need help, but if I cant face myself how can I expect anyone else to. If I cant admit my reality to myself how can I admit it to someone else. flake this is so stupid maybe I should just jump. Ill tell Hashem I couldnt do it. It was to hard. flakeKKKKKKKK....

Truth is I am getting by this way. It didnt take away the problem, but its that other guy its not me. Ill split my parents into good and bad why not split myself. dang I know this makes no sense but....."

As you can see I was feeling very low and quite desperate. More like hopeless, but I got to say that for the first time since this depression hit (about a year and a half) I really feel hopeful! I feel like I have hope. Hope to become clean. Hope to live a normal life and hope to get back to myself!

I am right now finishing the fifth day that Ive been clean. I can't believe this myself! Please

Hashem, help me together with all those suffering from this terrible sickness to break free and searve you in earnest. Amen.

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