

Help. Please

Posted by shmiraShachaim - 19 Apr 2016 12:54

Is there someone I can call? I'm going through a very rough time. Literaly about to fall and act out. Got a new phone with no filter.. Please....

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Re: Help. Please

Posted by shmiraShachaim - 19 Apr 2016 13:56

Not sure how I will be able to look at my wife

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Re: Help. Please

Posted by shmiraShachaim - 19 Apr 2016 13:58

Sitting in my car... Really down. Haven't Davened. Didn't show up for Seder. Still holding my phone and didn't even clean up. Can't move.

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Re: Help. Please

Posted by shmiraShachaim - 19 Apr 2016 13:58

Crying

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Re: Help. Please

Posted by Gevura Shebyesod - 19 Apr 2016 14:00

my wife has the restrictions pw on my phone. She knows about my struggles.

Maybe you can ask her and just say that the rabbonim recommend or that you would feel more comfortable without the open access to temptation etc.

For a more comprehensive solution you can get in touch with TAG.

The main thing is that you got right up and are moving forward. KOMT!!

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Re: Help. Please

Posted by markz - 19 Apr 2016 14:01

[shmirashachaim wrote:](#)

Crying

You're among friends, we all been through this

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 14:01

Thank you for your support and care

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 14:03

I wish I can just rip this taava out of me. No matter how much I learn about it and work on it.. It's

too strong

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 14:09

i love my wife. I want to do good in life. I want be a good Jew. I don't want to be a fake. I want to break free. I want this disease to dissipate but I know it's not easy. It's so hard. Please... I don't want this. I don't want to connected to things that break me and hurt me.

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 14:22

K.. I'm getting out of my car. I will do what I have to do to win. I will get up and not let this defeat me. But am I expected to go through the day as if nothing happened? Act normal around my wife? In the past I said I wasnt feeling well and played low for the day. Not sure what to do.

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Re: Help. Please

Posted by markz - 19 Apr 2016 14:25

Great to hear you taking my advice

Get out of the Car and into the Truck

Tell your wife you found some new friends!

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Re: Help. Please

Posted by markz - 19 Apr 2016 14:33

[shmirashachaim wrote:](#)

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Did you email Cordnoy?

I love the guy

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Re: Help. Please

Posted by cordnoy - 19 Apr 2016 15:15

I'm on the go.....

Send your phone number to thenewme613@hotmail.com, and I will call you.

Perhaps there are others who would also.

B'hatzlachah

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Re: Help. Please

Posted by cordnoy - 19 Apr 2016 15:17

[markz wrote on 19 Apr 2016 14:33:](#)

[shmirashachaim wrote:](#)

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Did you email Cordnoy?

I love the guy

No, he didn't.

I love him too.....That has been and always will be the problem.

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Re: Help. Please

Posted by shmirashachaim - 19 Apr 2016 15:44

Showered. Davened. Emailed Cordoy. Figuring out what to do about blocking phone.

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