

ich hob nisht kein kochos

Posted by farblunjet - 06 Jul 2017 05:34

One of the most powerful tools for breaking addictions is to **stay out of isolation**.

But socializing is stressful for me. so either way i'm screwed.

don't have energy to do anything.

I know i have other issues, but there is no cure for that.

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why am i on this site? because i'm trying. but don't have much hope.

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Re: ich hob nisht kein kochos

Posted by Markz - 06 Jul 2017 11:22

[farblunjet wrote on 06 Jul 2017 05:34:](#)

after about 5 days the melancholy feeling rolls in, i just feel so

then....

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Dear FB-Jet

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1. How do you know there is no cure for that? There actually may be!
2. How do you know we can cure lust tendencies without dealing with emotional issues which you've mentioned previously?

This article by Rabbi Dr Benzion Sorotzkin is a must read!

[Guardyoureyes > Articles > Psychological-factors-in-Sexual-Acting-Out](#)
then....

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Re: ich hob nisht kein kochos

Posted by farblunjet - 06 Jul 2017 17:07

thanks for the link, i read the article.

However, Understanding why why I'm feeling this way and the fact that I need emotional fulfillment doesn't help. I understood the reasons behind some of my issues but if you're missing a foot knowing that you're missing a foot doesn't create one

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Re: ich hob nisht kein kochos

Posted by Markz - 06 Jul 2017 17:16

It wasn't an abundance of understanding that I was sending your way

Its the matter of dealing with our issues and finding our feet.

I see a shrink

Have you been to one

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Re: ich hob nisht kein kochos

Posted by Workingguy - 06 Jul 2017 18:25

I see one too! It's fun... Sometimes.

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