

**ADVICE NEEDED**

Posted by jack123 - 30 Nov 2020 11:37

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ok, so ive been here a few time in the past couple of years, had some meaningful chats etc. but it never lasted more than a couple of weeks, upto a month maybe.

the problem is not that i fall, everyone does, the problem is i CANT GET BACK UP, as soon as i fall i immediately shut gye out and ignore any sort of help, as if im focused only on bad..

basically my sense of failure is very very bad,

i know it has to do with holding myself to a high standard and therefore giving up but i need advice quick, cos im sick and tired of this

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**Re: ADVICE NEEDED**

Posted by Youngster - 27 Dec 2020 16:22

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Hey jack! You promised not to run away...

waiting to hear from you!

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**Re: ADVICE NEEDED**

Posted by wilnevergiveup - 28 Dec 2020 13:43

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How are we doing?

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**Re: ADVICE NEEDED**

Posted by Grant400 - 29 Dec 2020 16:03

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[Youngster wrote on 27 Dec 2020 16:22:](#)

Hey jack! You promised not to run away...

waiting to hear from you!

Bye Jack! It was nice knowing you! See you in another few months...

**Warning: Spoiler!**

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Re: ADVICE NEEDED

Posted by Grant400 - 09 Mar 2021 00:02

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Remember this guy? He's due back. Usually he resurfaces after a few months. A pity. I liked him.

Jack, if you read this I want you to know this. I wish a can meet you and slap you up good and hard. You know you gotta get out and you know it's hard. Why can't you accept that it doesn't necessarily get easier? Why do you always give up? Isn't this something you want?

Come back. For real. No more empty promises. You know it's enough. How much longer my friend? Till it's too late?

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Re: ADVICE NEEDED

Posted by Sapy - 09 Mar 2021 01:07

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Ye Jacky you promised not to get lost after a fall, so you came and posted that you fell and then got lost. Thanks no thanks. That isnt counted...

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Re: ADVICE NEEDED

Posted by jack123 - 13 Aug 2021 11:54

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PLEASE DONT TELL ME OFF IT WAS HARD ENOUGH TO COME BACK

thanks

anyways some of you will remember me some not, but i bolted about 6 months ago after i fell, the second time i have done that.

whats worse is that i had thought i had finally learnt how to handle a fall, and for a couple of days i had really bounced back, and then.. it hit me and i gave up.

i feel terrible in letting everyone down, and i have thought about you guys many times over the past months, so here i am trying to give it another shot.

hoping not to dissappoint again

jack

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Re: ADVICE NEEDED

Posted by jack123 - 13 Aug 2021 11:59

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i just read those posts from back then upset that i ran, im pretty embarrassed right now!!

try and be forgiving!

the funny thing is i dont even know what eventually leads me back.

please give me ???? on how to keep going

jack

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Re: ADVICE NEEDED

Posted by jack123 - 13 Aug 2021 15:15

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[Grant400 wrote on 09 Mar 2021 00:02:](#)

Remember this guy? He's due back. Usually he resurfaces after a few months. A pity. I liked him.

Jack, if you read this I want you to know this. I wish a can meet you and slap you up good and hard. You know you gotta get out and you know it's hard. Why can't you accept that it doesn't necessarily get easier? Why do you always give up? Isn't this something you want?

Come back. For real. No more empty promises. You know it's enough. How much longer my friend? Till it's too late?

Incase you forgot this thread is called 'advice needed' for this very issue that i have. but then again maybe i do just need a good slap....

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Re: ADVICE NEEDED

Posted by Trouble - 13 Aug 2021 15:28

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I admittedly did not read all of your past posts; it seems that you're here and not sure why. Me too! It is a good place, however. Safe and perhaps even beneficial at times. So it beats 98% of all the other sites we can click on. [If I'd wanna get slapped up, this is not the site I would choose.]

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Re: ADVICE NEEDED

Posted by jack123 - 14 Aug 2021 22:10

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ok, so i finally got a number on the board a big fat 1!

ashamedly probably the first in 6 months, or very close to the first.

i was thinking over shabbos that maybe part of the reason i cant brush off a fall is due to the fact that i dont really have a plan or some sort of '????' [for lack of a better word] to overcome this problem. im just winging it until i run out of fuel and dont have the willpower to push on.

hope im being clear. let me know your thoughts all.

jack123

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Re: ADVICE NEEDED

Posted by Sapy - 15 Aug 2021 04:05

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Wecome back Jack! (I was Youngster back in your times, I since grew up already...)

I really admire your courage to come back, you were missed!

P.S. Congrats on day one!

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Re: ADVICE NEEDED

Posted by jack123 - 16 Aug 2021 18:57

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3 days already had to struggle but overcame it, its too early on to fall...

i have to start gearing myself up for the inevitable, and try to make a comeback after i do fall.

LETS GO

jack

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Re: ADVICE NEEDED

Posted by wilnevergiveup - 16 Aug 2021 20:24

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What is inevitable?

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Re: ADVICE NEEDED

Posted by jack123 - 16 Aug 2021 21:25

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the fall.

i know its going to come its just a matter of when...

?too many times i come expecting to be finished with it instead of internalizing that its a long road with lots of ups and downs.

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