

A supportive space to vent and share your feelings

Posted by Human being - 16 Oct 2022 19:18

This is a safe space to share your fears, dreams, feelings, and story. It's like a group therapy thread for when we need to share and want people to hold our hand.

Rules- NON JUDGMENTAL ZONE!!! NO MATTER WHAT!!

- No advice
- Be curious and ask questions to help people open up.
- Be supportive and compassionate
- Validate
- SHARE YOUR STORY!
- VENT,VENT,VENT,VENT ISTEAD OF PORN,PORN,PORN. (Or M)

Waiting to hear from everyone.

#VENT INSTEAD OF PORN

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Re: A supportive space to vent and share your feelings

Posted by Human being - 18 Nov 2022 15:10

Recently, I've had some "spirited debate" (mostly peaceful protests) with some members here.

On one hand I welcome the "back and forth". I am a fierce believer in debating and getting to)

On the other hand, A part of me really needs complete safety of being accepted and embraced, regardless of my views, because if not i get triggered to when i was bullied.

I'm not interested in proving people wrong. I have opinions. That's all. I respect other

peoples opinions too. When i share something and it gets responded to with contempt for *me*, it really triggers me. Its nobody's fault. I was bullied in elementary and developed C-ptsd from my early years. Anyways thanks y'all

Warning: Spoiler!

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Re: A supportive space to vent and share your feelings
Posted by cordnoy - 18 Nov 2022 15:18

[Human being wrote on 18 Nov 2022 15:10:](#)

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On the other hand, A part of me really needs complete safety of being accepted and embraced, regardless of my views.

A part of me doesn't feel safe when others especially people in charge/with authority/older/more responsible people talk down to me. A part of me feels like my safety here is shattered. It feels like its ruined. I wasn't able to sleep last night. IM not interested in proving people wrong. I have opinions. That's all. I respect other peoples opinions too. When i share something and it gets responded to with the same spelling mistakes i made, it makes me want to cry. From fear. From getting made fun off. When someone responds with sarcasm. I want to cry. From feeling that no matter how nice I act, ill be made fun of, talked down to and ridiculed. i feel like i have no hope. How can i function, if i post and someone responds in a mean way i completely fall apart. I almost want to take a few months break and come back with a new user name. Im so fragile. Im so broken. i feel so helplessly sensitive.

I apologize for the spellin' mistake joke; although I do think this place needs some humor and

jest in it like the good old times. I hardly post any longer; lately your posts have been assertive and strongly worded and I feel that I need to step in to ensure that folks hear the other side.

Godspeed to you

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Re: A supportive space to vent and share your feelings
Posted by Human being - 18 Nov 2022 15:35

Thank you for your kind response. I want to be clear. It is my prerogative and my responsibility to shy away from things that will hurt me. Not yours. Its no-ones fault other then my own, that i have been more assertive and confident recently.

So i want to be clear that I'm not trying to blame here. I just want to share that from my perspective when someone even makes a small joke (which is meant as totally unharmed) i trigger back to when i was bullied for 6 years and not embraced and thrown under the bus. So an innocent joke can shatter me. Its sad. But its a real part of me. that feels so inherently damaged and left to the dogs. Not only that it feels really really dumb to put such a post out here.

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 18 Nov 2022 16:25

[Human being wrote on 18 Nov 2022 15:10:](#)

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Warning: Spoiler!

Hey, li'l buddy...you keep posting. You are courageous and strong. I don't think there is anyone here who has contempt for you. Sometimes, people are just not as careful about choosing their words here as they could be. Good Shabbos!!!

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Re: A supportive space to vent and share your feelings
Posted by Human being - 22 Nov 2022 05:27

Bh as I progress on my journey, I'm beginning to feel less and less safe. Why Bh? because porn was my safety. I cant imagine saying this, but Hashem is giving me so much schar for falling asleep at 430 AM and waking up at 11 AM and missing first Seder Yes there's no humor in this. Some days i am unable to get out of bed for an hour because I'm paralyzed in bed. There are days when i zhoob around till 430 AM because i am too paralyzed to go to bed. And yes porn would help me fall asleep, but it would also help me *fall* to sleep. i don't want to fall. id rather just sleep at 430 AM, then *fall* to sleep at 2 AM

I'm derealized. For all those that want to know what that means, please google it. It means I feel disconnected to the world around me. It feels like the world is fake. I feel like a 5 year old kid going to primary and in fear of being bothered and uncomfortable in my own skin. Not knowing any social skills and not having any idea what to do about it.

As I feel like a little scared primary child on the way to school, I look in the mirror and see my beard, my receding hairline, i look down at my body and its too big. Something doesn't make sense. The way i feel vs the way i look doesn't add up. I feel like a 5 yr old! How come I have this weird body that isn't mine?

I look at the world around me and i cant understand. Why are people treating me like a 22 yr old? I'm not I'm 5. Something doesn't make sense. Why am i the same size as all the people around me that are 20 years older then me? something is off.

The whole world that i *feel* ?doesn't even exist. feels like a bad dream. Anyways that is what derealized feels like.

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Re: A supportive space to vent and share your feelings

Posted by future paltiel - 24 Nov 2022 14:35

[Human being wrote on 22 Nov 2022 05:27:](#)

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I know man. Been through that. Actually still happening some times... yes porn is as great as morphine for all these negative feelings. Except they can be cured...

It's important you understand that you are holding in a very important phase of your recovery. A very decisive part. The one where you heal all those feelings and thoughts that used to be numbed by porn. Then you will be able to restructure all of your life according to the way you want it. The pain you are experiencing is your Neshama informing you where it is injured and needs healing.

the only reason anyone here allow themselves to say such things aare because they have gone through it themselves. BezH you will soon start to see the light at the end of the tunnel.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 25 Nov 2022 20:08

I met HHM. Finally met someone in person. It was a great trial run to see how my mind would react. I thank HHM profusely for giving me the space and time for the tryout.

At the same time there's a part of me that feels judged near anyone that cant accept me if i want to watch porn. Therefore, its very upset at me for ruining its trust in me. So I need to take a

break from meeting anyone that would look down at the part of me that wants to watch porn. (anyone basically too religious). I have not been able to function due to this part of me that doesn't feel safe around even me anymore because i ruined its trust in me. So going through a little of a hard time right now. Not feeling safe and secure with myself. But I'm beginning to rebuild the trust in myself to keep me safe. I commit to keeping myself safe for the next week no matter what. Even if a different part of me wants to push me, i will not allow it. I will keep them safe.

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 27 Nov 2022 01:18

Thankful for 37 days clean. Thank you, Hashem.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 27 Nov 2022 01:56

Thank god I've been getting more regulated, though Shabbos was hell. I daven that some day i will have menuchas hanafesh on Shabbos and be able to enjoy the beautiful gift Hashem gave us.

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Re: A supportive space to vent and share your feelings
Posted by Teshuvahguy - 27 Nov 2022 02:00

[Human being wrote on 27 Nov 2022 01:56:](#)

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What made Shabbos hell?

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Re: A supportive space to vent and share your feelings

Posted by Human being - 27 Nov 2022 02:11

I sent this to my therapist. Copy paste.

Wow what a shabbos. Couldn't get myself to go to Shul or my seuda. I slept through the Friday night Davening and meal. Then I slept though Shabbos morning Davening and couldn't get myself to be around my family for the Shabbos seuda so I ate in the kitchen. Also Friday night had a big moment. I'll send it in the next text.

Thanks for asking!

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Re: A supportive space to vent and share your feelings

Posted by ILAHC FM - 27 Nov 2022 07:46

[Human being wrote on 25 Nov 2022 20:08:](#)

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I admire your bravery for meeting someone in person.

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Re: A supportive space to vent and share your feelings
Posted by Human being - 27 Nov 2022 22:24

Thank you. By you soon too. I promise!

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Re: A supportive space to vent and share your feelings
Posted by Geshmak! - 28 Nov 2022 00:34

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