

Guilt and shame

Posted by radiantjaguar81 - 10 Mar 2025 02:40

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Hello everyone. Im a baal tshuva, and ive been fighting with p&m for many years. I now have a girlfriend (our relationship is full shomer negiah) and after 5 months of being totally clean I fell with p&m. I dont know how to deal with this situation, i feel really depressed and sad, considering that in a few months we are getting married. I dont want to hurt her, and i dont know if its a good thing to tell her my struggles and difficulties that may cause her to leave me.

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Re: Guilt and shame

Posted by captain - 10 Mar 2025 14:30

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Telling her is very risky and you need guidance from a pro to see whether you should and how exactly to do it if yes. I suggest getting in touch with HHM.

Also check out Appendix A in the back of The Battle of the Generation  
[guardyoureyes.com/ebooks/item/the-battle-of-the-generation](https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation) for more on how to deal with guilt.

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Re: Guilt and shame

Posted by radiantjaguar81 - 10 Mar 2025 22:01

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[captain wrote on 10 Mar 2025 14:30:](#)

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Thank you very much!! Im new here, could you tell me who is HHM?

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Re: Guilt and shame

Posted by captain - 11 Mar 2025 13:39

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[radiantjaguar81 wrote on 10 Mar 2025 22:01:](#)

[captain wrote on 10 Mar 2025 14:30:](#)

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Thank you very much!! Im new here, could you tell me who is HHM?

He's one of the top mentors here. His user name is Hashem Help Me. You can reach him at [michelgelnier@gmail.com](mailto:michelgelnier@gmail.com)

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