

Scared and Confused

Posted by unstoppable - 19 Dec 2012 19:01

I'm having a difficult time right now. I met with a potential sponsor today and I'm getting nervous to work the program harder. It's scary for me to commit to an intense regimen. It feels like I'm totally admitting that I'm a sexaholic and am totally powerless over lust. I feel like I'm going to be stuck in this crap for the rest of my life and will always have a name on me of being a sex addict. I feel like maybe I should just try to hide it again and live like that. I'm confused and scared.

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Re: Scared and Confused

Posted by Dov - 25 Dec 2012 23:42

all the fun!

22 days one day at a time is a great brocha. Hatzlocha with your meetings and thanks for the sense of humor. It's well-taken!

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Re: Scared and Confused

Posted by melost - 02 Jan 2013 21:57

sorry nederman you giving the wrong massage to new comers

fact make a poll on it you will see

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Thank-G-d you missed

Re: Scared and Confused

Posted by nederman - 03 Jan 2013 00:42

[melost wrote:](#)

sorry nederman you giving the wrong massage to new comers

fact make a poll on it you will see

If you decide to be done with your problem just let me know. I'll have you fixed up in three weeks.

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Re: Scared and Confused

Posted by me3 - 03 Jan 2013 02:25

Attractive to the gayvoh we may have that our intelligence can get us out of *anything* (for we can really trust **nobody**) - but it is just not true.

I never said I had gayvoh. You are reading my mind there. Really the only way you could know for sure if I have gayvoh is if you ask me, but you never asked me. You should have asked me and instead you guessed.

I find cognitive therapy pretty humiliating. When I found out that I was just a very gullible person and the yetzer ha-ra was just pulling the wool over my eyes (that I did have a choice, and without a group,) I felt pretty low, and I still do. I was happier when I was in SA because I knew that I had an important job to do, which was to shoulder the burden of this addiction and to be sober at any cost.

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Re: Scared and Confused

Posted by nederman - 03 Jan 2013 02:41

I am not wasting my time in a discussion. If you need me you know where to find me.

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Re: Scared and Confused

Posted by yudel2123 - 03 Jan 2013 05:34

ouch! careful people im new here just popped my head to see what was going on and i got my
has anyone heard of different strokes for different folks. or
whatever floats your boat, milks your cow etc. everyone has to understand what speaks to them
most and go with it. hashem made everyone unique as well as providing the tools for them
matching their unique strengths and abilities. for the more business like people a quick fix and
be done with it might be better, whereas the deep thinker might want something with more food
for thought, something more all encompassing. bottom line know your options well, know
yourself, and jump in hashem will guide you! much hatzlachah to all

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Re: Scared and Confused

Posted by RT. - 04 Jan 2013 16:21

WOW. I am just wondering. Who hutz meDov and Nederman actually read everything they've
written here... a gantze chabure do....

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peyos singed from the firefight!

Re: Scared and Confused

Posted by melost - 10 Jan 2013 22:06

can anyone who has been helped by cognitive please post

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Re: Scared and Confused

Posted by nederman - 10 Jan 2013 23:51

No need. The famous doctor and rabbis have already spoken, surrender is the only one true method.

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Re: Scared and Confused

Posted by the.guard - 11 Jan 2013 04:57

Nederman, I am sorry but it seems your posts are causing a lot of strife and unnerving people... Our website needs to be a place of peace and healing... If you have any chassidim who feel your approach is the right way and they have been helped by your approach, they should send me an e-mail to eyes.guard@gmail.com and I will reconsider.

I have nothing against you, nor against your approach. But too many people are complaining, and there's too much disagreement going on here as a result. This is not conducive to recovery. I must have the greater good of the community in mind.

Sorry.

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Re: Scared and Confused

Posted by nederman - 11 Jan 2013 05:05

Fair enough.

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Re: Scared and Confused

Posted by Dov - 12 Jan 2013 00:23

So how are unstoppable and scaredandconfused doing? Is more controversy and machlokes

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needed to get them to tell us how they are doing?