

Introducing...

Posted by lthamarGYE - 01 Jul 2014 22:02

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...me!

Hello, i am 17 years old and unfortunately, have guarding my eyes issues. Due to my recent parents divorce, along with other family problems caused a terrible streak of stress, which unfortunately led to me acting out...now I wish to break free as I know the terrible effects this is having and will have on my life.

I haven't found somewhere where i can discuss these issues with those who agree with me, i have even admitted to my mother what i have done, yet she does not really seem to think there is a solution or that it is even a problem! I have also debated these issues with friends...yet they either fail to see a problem with it (or even call it beneficial) or are not willing to put in an effort to stop! Since i remember what it was like to be 'free', i.e i was a better servant of G-d and generally happier and nicer to everyone, with no dark secrets. I find it hard to grow up in a secular home with a non-religious mother and also to maintain the determination to stop and

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Re: Introducing...

Posted by dms1234 - 01 Jul 2014 23:57

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Hi!

It seems like we are similar. I come from non religious home, friends/society/college come from a different "outlook" than me. My parents are also divorced and i have a tough time with stress. For this try to take a step back and breathe. For me this was related to low self esteem and i also was second guessed if i could accomplish tasks but remember: YOU CAN! You have tremendous potential!

Check out: [Skep's tips](#)

become holier, so hopefully i shall find it here

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Anyhow WELCOME! If you would like to chat: PM or email me!

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Re: Introducing...

Posted by lavi - 02 Jul 2014 00:22

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dear ithamar

welcome. i think you have came to the right place. it takes courage to reach out, especially in a sensitive issue. i hope that you will be successful. please realize others get encouraged my reading your post.

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Re: Introducing...

Posted by cordnoy - 02 Jul 2014 16:55

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Welcome

This is a fine site, but remember, it is as if you entered a room of 15 or 20 addicts (or close to it), with all of 'em (or some) givin' you advice and instructions (and they all probably mean it l'sheim shamayim).

Real recovery might however begin with speakin' over the situation with someone you trust, a friend of the family, a mentor of sorts. God willin', he can guide you along with the wonderful chevra here.

May your road of recovery be blessed with hatzlachah

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Re: Introducing...

Posted by Pidaini - 02 Jul 2014 17:20

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Welcome Itamar!!!

It's great that you're catching this early on!!

Cordnoy has been kind enough to enlighten us with a site called

[FORTIFY](#)

Which is for teens only, and will probably much better suite your needs!

But if you decide to stay here, then you are more than welcome!!

It would be great if you can find someone to talk to, a mentor of some sort.

Don't give up!!!

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Re: Introducing...

Posted by IthamarGYE - 02 Jul 2014 23:37

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Pidaini - thank you very much for referring me to fortify, and i have signed up though i have to wait few days to see if my application to join gets accepted or rejected. Until then i will mainly use this site to aid the struggle, and won't necessarily leave as this site will still aid me in other

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