

letting people know how i am feeling
Posted by shmulse - 19 Sep 2014 01:59

just editing for my own reason

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Re: letting people know how i am feeling
Posted by godhelp - 19 Sep 2014 02:20

Hello and welcome to the site stick around and don't get lost the smart chevra will make a mentch out of you in no time.

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Re: letting people know how i am feeling
Posted by shmulse - 19 Sep 2014 03:41

[quote="shmulse" post=239910]so i am single 22 years old. for the past about 2 years i started watching porn and i starting acting out and i stopped because i realized to my self its not a good idea but i feel anxious to watch it and tell family members about it and even my parents. The difficult part is i was in construction for the past couple years i went to a construction school and after that i started working as a mashigash on a farm kosher supervisor watching cows get milked and since i got this job i feel isolated but i cant leave this job i am stuck with this i don't want to leave it. i let my father down a couple times and i am scarred to face my fears with him and telling him or people in my family how i am feeling so i am not sure what to do at the moment. and never dated before.

as i said i am 22 years old was an active person i did construction and since i got this job i feel isolated lonely. i like to watch sports football mostly and i have become more lazy also. so thats the way i am feeling now and i think about porn sometimes and when i think about that not sure to control myself and it kinda makes me feel ashamed of myself that i did such a thing and not sure what to do about telling my siblings about all of this not sure what to do need help and advice

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Re: letting people know how i am feeling
Posted by dms1234 - 19 Sep 2014 04:06

WELCOME!!!!!!!!!! Its great to have you!

Thank you for sharing your story. We are very similar actually. I am also 22 and needed to confront my father and I did! So it can be done. You should live your life not the life they want you to live.

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

PS. you should stick to one thread that you post so we could keep track of you. Also its less messy!

KOT!!!!!!

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Re: letting people know how i am feeling
Posted by cordnoy - 19 Sep 2014 06:44

Good to see that you did it.

b'hatzlachah

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Re: letting people know how i am feeling
Posted by AlexEliezer - 19 Sep 2014 22:27

Hi Shmulke,

Nice to meet you!

Sorry you're feeling so lonely.

Doesn't sound like a very desirable situation, being out in the boonies by yourself.

People, especially young people, are social beings. We thrive when we are part of a community.

Regarding watching football, aren't there some pretty untznus women on the sidelines and in the commercials? That's a lot of opportunity to feed a lust habit.

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Re: letting people know how i am feeling
Posted by cordnoy - 19 Sep 2014 22:58

Watch redzone...there are no commercials.

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Re: letting people know how i am feeling
Posted by shmulke - 22 Sep 2014 19:14

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Re: letting people know how i am feeling
Posted by shmulke - 22 Sep 2014 19:14

I just want to express my feelings to every one in this group thank you every one for being so supportive i appreciate it thanks allot i don't feel like the only one when i am struggling i know other are struggling to getting help so thats why i have come to gye when i am struggling i come here and get support from everyone & i will do the same back and give support too. i have realized i have been clean for about a month now because of gye its been a tremendous step in my recovery when ever i have the urge to act out or when i feel depressed or down or things

that are bothering me i just come to gye to get support and see what other have to say and take there advice and i think thats the way to go about it. With Rosh Hashanah almost here i realize that hashem and with everyones supportive effort i will stick around here so i am wishing everyone should have a gmar chatima tova have a sweet new year and every thing should turn out for the best for everyone be positive and keep moving forward not backtracking. just have to take one moment at a time its a good method of being positive & being calmed and collected i hope everyone should have an a amazing year a year of happiness and just a positive year of growth so thanks once again i really appreciate it

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Re: letting people know how i am feeling
Posted by shmulke - 22 Sep 2014 19:22

just want to aplogize for making new threads loli just want to thank everyone for there support they have given me so for its a great mitzva so thank you so very muct i cant do it with out this

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Re: letting people know how i am feeling
Posted by shmulke - 23 Sep 2014 06:08

i just want to let people know i had a great day today:)

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Re: letting people know how i am feeling
Posted by Bigmoish - 23 Sep 2014 07:10

Great! Any idea how it happened? Maybe something we can learn?

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~~great~~ group on gye

Re: letting people know how i am feeling
Posted by pischoshelmachat - 23 Sep 2014 07:17

Welcome Shmulke,

You came to the right place. Think of bow lucky you are to have come here at 22 and not well into your 40s like many of us.

You are gevaltig!

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Re: letting people know how i am feeling
Posted by shmulke - 23 Sep 2014 07:18

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Re: letting people know how i am feeling
Posted by lavi - 23 Sep 2014 09:26

[shmulke wrote:](#)

just staying positive one moment at a time. learning with a chavruta of mine just rosh hashana is coming so just thinking of things breathing in and out and reflecting on my past year and learning from it and this coming new year will be much better

welcome shmulke,

i wish you a lot of success,

keep on posting.

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