

I'm betterman

Posted by betterman - 26 Mar 2016 19:12

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Hi all, my name is betterman. I have been struggling with SSA plus po\*\* and mas\*\*\*bation for a few years.

I actually acted out, and it got me into trouble, I started going to a life coach. He sometimes helps.

I would like to be a better person.

I was born christian. My parents found out where Xmas comes from, and we wound up in a messianic congregation. We left after 4-5 years, and wound up in a Chabad. We left after a few years. And we converted in a Conservative shul. But we view ourselves as Modern Orthodox.

Does anyone know how I can overcome the P & M?

I would like to work on the SSA later.

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Re: I'm betterman

Posted by betterman - 27 Mar 2016 21:12

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My Mother went in for a mammogram and checkup. She had to do a urine sample which got mixed up somehow. So the Doctor thought she had cancer, **BUT** as it turns out she does not. I managed to avoid that fall. Does this explain things, Cordnoy?

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Re: I'm betterman

Posted by cordnoy - 27 Mar 2016 21:15

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[betterman wrote on 27 Mar 2016 21:12:](#)

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mixed up somehow. So the Doctor thought she had cancer, **BUT** as it turns out she does not. I managed to avoid that fall. Does this explain things, Cordnoy?

I know you wrote that.

I was questioning the veracity.

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Re: I'm betterman

Posted by markz - 27 Mar 2016 21:49

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I'm not a lab technician, and I'm not gonna do my research, but according to my unprofessional guess, cancer isn't determined solely by urine sample

Whether I'm right or wrong is irrelevant.

What at is important is one word, which Cordnoy is tryin'

No tea?

Try

H

O

N

E

S

Tea

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Re: I'm betterman

Posted by betterman - 27 Mar 2016 22:22

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Cordnoy,r u saying I'm lying??

Please don't offense to this.

I was really scared she might die.

I do try to be H O N E S T.

Mark, the doctor said that urine can tell a lot about a person.

Such as Red and White blood cells, and how healthy they are or should be.

So I am not lying. I and the doctor really thought she did have breast cancer.

Can I please start over with my life?

If only there was a reset/restart button?

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Re: I'm betterman

Posted by markz - 27 Mar 2016 22:54

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You had dishonest tendencies, so you can't call out Cordnoy for being Skeptical and not knowing what posts of yours are true and what are half. He truly doesn't know and you can't blame him

I don't have much to add to what I said above

Many of us are suffering with P&M plus SSA where if we would apply a big dose of honesTEA, we would finally start recovery

Can I please start over with my life?

We all wish we could join gye and get a new lease on life. It doesn't happen

We are who we are, and are here to better ourselves by looking in the mirror and live real life step by step

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Re: I'm betterman

Posted by peloni almoni - 27 Mar 2016 23:37

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[markz wrote on 27 Mar 2016 17:10:](#)

Betterman did you see what Sasha had to say?

I only see a thank you there from shmulyz, so I was just wondering if you happened to see that, **unless...**

I'm wondering why you and shmuly use the same expressions...

[betterman wrote on 27 Mar 2016 15:05:](#)

To be honest, I was kinda hoping for ideas to **take my mind off of sex**

[shmulyz18 wrote on 02 Nov 2015 22:12:](#)

We all have a problem with wet dreams. I for one kinda enjoy them because it **takes my mind off of having sex** for awhile. I hope you can overcome this issue with much hatzlocha.

I did a search for "my mind off" and the **only** guy in guardyoureyes history that has the combination of "my mind off" and "sex" is betterman and shmulyz18

Here's another

[betterman wrote:](#)

**SSA plus** po\*\* and mas\*\*\*bation

[shmulyz18 wrote on 23 Mar 2016 20:08:](#)

**P & M plus SSA**

[betterman wrote:](#)

we wound up in a messianic congregation. We left after 4-5 years, and wound up in a Chabad. We left after a few years. And we converted in a Conservative shul. But we view ourselves as Modern Orthodox

Shmulyz wrote on the chat 3 months ago the EXACT thing about his own background... interesting...

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Re: I'm betterman

Posted by cordnoy - 28 Mar 2016 03:50

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You could get a new lease on life but you need to let go of your old tendencies.

B'hatzlachah

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Re: I'm betterman

Posted by shmulyz18 - 28 Mar 2016 13:06

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I do need to be more honest.

The doctor did think that she had cancer, but she doesn't. This I am not lying about. G-D Forbid.

I am going to be more honest in the future. I do not want to be a rasha. This is the Hebrew word for evil person, I think.

Again I beg forgiveness.

Shmuly.

It's true. I have lied and have acted like a jerk in the past. And I beg your forgiveness for this.

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Re: I'm betterman

Posted by skeptical - 28 Mar 2016 14:40

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Let's all please try to be dan l'kaf zechus, and give the guy a break.

We have all made mistakes in the past - that's why we're here.

Let's focus on the present, and let him start fresh.

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Re: I'm betterman

Posted by markz - 28 Mar 2016 15:35

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No one is trying to come down hard on anyone here

By the way dan lekaf zchus is understanding a real situation in the best light which we were doing

Question we each need to ask ourselves is what is "Why are we on guard your eyes?"

To help ourselves?

shmuly hasn't been driving down that road

Therefore

To help others?

I personally get upset when shmuly says to every poster "please PM me", especially if I recieved some not so nice stuff from him

So lets again go back to the drawing board of honesTea and clarify why we need to be on gye and how we plan to work on recovery

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Re: I'm betterman

Posted by Shlomo24 - 28 Mar 2016 15:35

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[shmulyz18 wrote on 28 Mar 2016 13:06:](#)

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Again I beg forgiveness.

Shmuly.

No need to beg for forgiveness. The issue doesn't lie by cordy. I believe he just meant that in order to help yourself honesty is necessary.

Much success.

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Re: I'm betterman

Posted by skeptical - 28 Mar 2016 15:55

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**markz wrote:**

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To help ourselves?

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Therefore

To help others?

I personally get upset when shmuly says to every poster "please PM me", especially if I recieved some not so nice stuff from him

You can't know for sure what "road he's been driving down". If mistakes were made, they're in the "rear-view mirror" getting smaller and smaller in the distance. Focus on the road ahead, and let him drive.

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Re: I'm betterman

Posted by Watson - 28 Mar 2016 16:05

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I'm sure one day we'll all tell our  
grand-kids about this event.

I'm joking. That was sarcastic. Just to be clear.

My concern is that you felt shame over your fall in the first place. I don't know if you're an addict

or not, but for sure you're either a good person who made a mistake, or an ill person who hasn't yet treated his illness. Either way, no reason to feel shame, which is quite a counter-productive emotion. It's when the evil inclination dresses up as the good guy.

Shame is also a form of pride. Whenever I've felt shame it's been something along the lines of "I can't believe **I** did that! **Me**, of all people. Sure, people make mistakes - regular people that is, but not people like **me**. **I** have better standards. **I** expect myself to be perfect."

Shame is not guilt. Guilt is the healthy emotion someone feels when they've **made a mistake**. Shame is the unhealthy emotion someone feels when they think **they are a mistake**.

My advice - accept who you are and get on the truck with the rest of us bozos trying to get by.

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Re: I'm betterman

Posted by markz - 28 Mar 2016 16:13

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Watson how your word do shine

Yours truly

Sherlock

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