

Need Another Chance

Posted by Yankel56 - 06 Jul 2016 14:46

Hi everybody

I would like to introduce myself here. Im a Yingarman 23 years old struggling since I was 15 years old im married b”h with kids I was able to stop for a few weeks but didn’t really succeed im looking for help hopefully I will get it here. i wanna give my self another chance here

My life is broken. I live a double life after my wife doesn’t know anything about my struggle. I need someone to speak on daily basis someone who can help me please

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Re: Need Another Chance

Posted by Magnolia - 06 Jul 2016 15:16

Welcome. I just joined recently

myself. Hatzlacha!

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Re: Need Another Chance

Posted by Markz - 06 Jul 2016 15:51

Welcome Yankel

Theres another Yankel aka Pidaini

Checkout his story

KEEP ON TRUCKING

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Re: Need Another Chance

Posted by shmiraShachaim - 06 Jul 2016 16:54

Welcome Yankel! Fellow 23 yr old here wishing you much Halacha and nachas with yourself.

Keep posting!

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Re: Need Another Chance

Posted by shmiraShachaim - 06 Jul 2016 16:56

Ahh.. First said much hazlacha and nachos and than changed to nachas.. But now
halacha:laughing:

Mao wishing you much HATZLACHA and NACHAS. Halacha and nachos are also good so I'll
through that in too

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Re: Need Another Chance

Posted by gibbor120 - 06 Jul 2016 17:13

Welcome! You have come to the right place. Read the handbook. Keep posting.

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Re: Need Another Chance

Posted by truevision - 06 Jul 2016 19:08

Hey yankel. First of all welcome. I really wish you much hatzlocha. Second of all refer to the

handbook it can really make a tremendous difference with outlook. Take it slowly and always speak openly with hashem he will be your greatest help. All the best

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Re: Need Another Chance
Posted by inastruggle - 08 Jul 2016 04:08

Welcome yankel.

You can try to get a phone partner here

guardyoureyes.com/tools/partner-program

Hatzlacha, keep us updated.

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Re: Need Another Chance
Posted by yiraishamaim - 08 Jul 2016 04:59

Welcome. Getting a partner is a smart idea.

Hatzlocho Rabo

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Re: Need Another Chance
Posted by ehrliche.bochur - 08 Jul 2016 06:17

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Welcome!!! Hoope you will stay there is many good and helpful people here. What do you struggle?

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Re: Need Another Chance
Posted by ehrliche.bochur - 08 Jul 2016 06:21

[Yankel56 wrote:](#)

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Re: Need Another Chance

Posted by BenTorah.BaalHabayis - 13 Jul 2016 02:19

Welcome Yankel.

Fellow struggling Yungerman here as well. I know the awful feeling of living a double life, as well as the feeling of really wanting to stop and not being able to.

There's no quick fix. Read the Handbook and stick around here. And remember that if you fall again it's just part of the process.

If you're looking for a someone to talk to check out the partner program.

Hatzlacha!

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Re: Need Another Chance

Posted by Markz - 13 Jul 2016 02:57

I'm only gonna address the bentorah part of you that understands the mechanics of a Sugya

In my humble gye mechanical experience there actually are quick fixes. Not overnight, but in short term.

The real question is how serious are we in actually fixing the specific mechanical failure we each uniquely have

Many of us that see the letter E flash on the dashboard next to the gas gauge, are quick to take a hammer and smash the light, instead of realizing our emotional tank is EMPTY. Yes that aggravating light doesn't bother is for a short while, until... That's like [example removed to inhibit disputations] for many of us

I think the bigger issue is being committed to go to the right mechanic and get the quick fix that is needed.

WE ARE NOT SUPPOSED TO BE STRUGGLING DAILY

Is it a new steering wheel? Transmission? I feel like relative to other dear friends here that I only had a blowout in my tire and got a new one 11 months ago on gye

I wish each one of you a safe trip

TOGETHER

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Re: Need Another Chance

Posted by ehrliche.bochur - 13 Jul 2016 04:27

[Markz wrote on 13 Jul 2016 02:57:](#)

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WE ARE NOT SUPPOSED TO BE STRUGGLING DAILY

You hit nail on head. We are not suppose to be struggling daily and many look for temporary "fix" and not look for root emotional that cause addiction and acting out. SA, acting out, looking on dirty materials is only symptom of deeper problem.

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