

Feeling worthless

Posted by Avharachamon - 16 Aug 2016 05:15

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Hi whenever I fall through there's a sense of guilt so strong that I get depressed and feel like this will be the cycle of my life constantly falling through any advice on this?

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Re: Feeling worthless

Posted by a123456 - 16 Aug 2016 11:44

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i know exactly how you feel, most of us do .All i can tell you is what i experienced when i looked at each fall compounded on top of the rest of them,it feels like a huge mountain of guilt crushing me. with each cycle making me feel like im stuck in never ending loop

one thing that helped me is that hashem tests us ive found that the test here is not if we will fall but the test is will we let it take us down my father had a saying what doesn't kill you will only make you stronger each time we fall and just move on without getting dragged down we won we are stronger look at each time as a battle that if you get shot and get up and continue fighting you won

prepare yourself mentally that when you fall you will go do something right away to get your mind off of it

we love you

you are strong

we believe in you

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Re: Feeling worthless

Posted by eslaasos - 16 Aug 2016 14:10

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Another option is to figure out how to stay away from the first sips.

Not to say that it's in your control, but as much as anything is in your control, it's how to stay off the roller-coaster, because once you're on, it's a hundred times harder to get off mid-ride.

Hatzlacha

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