

Going through alone

Posted by Hbowman - 16 Nov 2016 17:39

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As so many people here, I am struggling alone. It is not easy going through anything alone, let alone personal private issues. I don't know how to go about it and feel at times that there is nothing that I can do. I might be right. I might be wrong. I don't know.

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Re: Going through alone

Posted by Gevura Shebyesod - 16 Nov 2016 21:27

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Welcome! You are definitely not alone here, there are many others here in the same situation as you. I am one of them. Opening up here was the best thing I ever did. Stick around, get involved, read the handbooks and tools and see what works for you.

Hatzlacha, KIT & KOMT!!

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Re: Going through alone

Posted by Shlomo24 - 16 Nov 2016 21:45

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I'm another one. I'm at a point in which I don't even get bothered or ashamed by my SSA for the most part. I don't consider it a problem or a defect.

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Re: Going through alone

Posted by gibbor120 - 16 Nov 2016 21:55

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Welcome! You are in the right place. You are not alone by a longshot. Read the handbook.

Get to know the great chevra here.

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Re: Going through alone  
Posted by cordnoy - 17 Nov 2016 04:31

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Welcome

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Re: Going through alone  
Posted by TFLMS - 17 Nov 2016 09:00

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Hi

I have been struggling with SSA as well, once I have entered recovery I found that it doesn't matter to what I'm attracted to, as long I use the right tools I over come the obsession.

Most of my acting out was in SSA and I'm now sober since May 2015.

Don't get discouraged and of course don't judge yourself, you didn't choose it.

Accapt yourself for what you are and you will see miracles in your life.

Good luck

Keep coming back

TFLMS

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Re: Going through alone  
Posted by cordnoy - 17 Nov 2016 15:46

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[TFLMS wrote on 17 Nov 2016 09:00:](#)

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Good luck

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TFLMS

That's great to hear.

Canl you elaborate please on the tools you used?

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Re: Going through alone

Posted by Gevura Shebyesod - 17 Nov 2016 16:09

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[TFLMS wrote on 17 Nov 2016 09:00:](#)

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Good luck

Keep coming back

TFLMS

welcome!

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Re: Going through alone  
Posted by TFLMS - 17 Nov 2016 16:29

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I'm in SA

I'm forever greatfull for this program.  
TFS

I do group and individual therapy with a CSAT.

I went to onsite in TN for a week.

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Re: Going through alone  
Posted by Shlomo24 - 17 Nov 2016 22:11

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[TFLMS wrote on 17 Nov 2016 09:00:](#)

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Good luck

Keep coming back

TFLMS

We realized we know each other. Woohoo!

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Re: Going through alone  
Posted by Hbowman - 18 Nov 2016 17:09

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Wow! I had no idea of all the support! I am so grateful to all the welcomes. I'm so happy I stumbled on this site. Where do I start? I am finally ready to start my new life!

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Re: Going through alone  
Posted by Bigmoish - 18 Nov 2016 17:12

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[Hbowman wrote on 18 Nov 2016 17:09:](#)

Wow! I had no idea of all the support! I am so grateful to all the welcomes. I'm so happy I stumbled on this site. Where do I start? I am finally ready to start my new life!

Try reading the handbook and the FAQ's. Links are in my signature (I think).

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Re: Going through alone  
Posted by gibbor120 - 18 Nov 2016 19:01

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The main thing is to start... and not to stop. It can take some time to get used to the site, but you'll get the hang of it in no time.

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Re: Going through alone  
Posted by Mitgaber - 19 Nov 2016 18:36

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You are definitely not alone. Keep posting and use the handbook. We're all praying for you.

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Re: Going through alone  
Posted by xyxorwa - 02 Dec 2016 19:08

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Another SSA struggler here saying 'welcome'. Keep posting (if nothing else, we're all always  
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curious about other people's stuff...