

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

hi yakov or whoever will read this.

?i grew up in an abusive atmosphere my mother would beat me, i was bullied in school and one of my rebbeim picked on me and got my whole class to laugh at me. i was in therapy for the resulting problems for quite some time. i still see a therapist from time to time. at one point for two years i was taking meds a generic for Zoloft. that's my emotional history.

as for the kedusha problems I've been masturbating now for 13 yrs.. i have spoken to numerous rebbeim who tried to help me along the way. they weren't really equipped to deal with me. eventually i discovered porn but baruch hashem i always had limited access. i still have relapses in porn which are hard to get out of. i'm now married bh and i have a daughter bli ayin hora. please help

not sure how you'll contact me my email is mikefineroth@gmail.com (not my name and i don't know anyone with that name)

hope we'll finally break free

=====

Re: my problems

Posted by mikestruggling - 22 Mar 2017 22:17

yes i'm extremely happy that i formally joined gye

i used to just look for articles now i can feel the support

btw anyone with a hard past feel free to post maybe i can share what i learned from my therapists

=====

====

Re: my problems

Posted by Hashem Help Me - 22 Mar 2017 22:22

Most of us here have had challenging pasts and would appreciate your sharing any advice you received in therapy.

=====

====

Re: my problems

Posted by mikestruggling - 23 Mar 2017 01:05

the absolutely most useful thing i have learnt is a way to to conquer ALL negative feelings. Whether it is anger regret anxiety etc.

the nature of a person when confronted with bad feelings is to run away so to speak. i used to think through all the arguments i should've told my mother. why are you bossing me around? hitting me? and i would think how unfairly she treated me all due to my pent up anger

the better way to deal with this is what is called CBT or cognitive behavioral therapy which i can't adequately describe you should really see a professional for more help but basically it is that instead of dealing with your emotions you tell yourself i can handle the pain and you allow the pain of the anger to just sit still sort of and focus on it

let me know i this helped

maybe i'll elaborate in a later post

=====

====

Re: my problems

Posted by cordnoy - 23 Mar 2017 05:11

[mikestruggling wrote on 23 Mar 2017 01:05:](#)

the absolutely most useful thing i have learnt is a way to to conquer ALL negative feelings.
Whether it is anger regret anxiety etc.

the nature of a person when confronted with bad feelings is to run away so to speak. i used to think through all the arguments i should've told my mother. why are you bossing me around? hitting me? and i would think how unfairly she treated me all due to my pent up anger

the better way to deal with this is what is called CBT or cognitive behavioral therapy which i can't adequately describe you should really see a professional for more help but basically it is that instead of dealing with your emotions you tell yourself i can handle the pain and you allow the pain of the anger to just sit still sort of and focus on it

let me know i this helped

maybe i'll elaborate in a later post

How long have you been practicin' cbt?

=====

Re: my problems

Posted by mikestruggling - 23 Mar 2017 17:23

4 years or so

are you familiar with cbt?

=====

Re: my problems

Posted by mikestruggling - 27 Mar 2017 18:22

hi i'm back i had a rough couple of days

maybe someone wants to take me step by step through taphsic

maybe email me mikefineroth@gmail.com

=====

=====

Re: my problems

Posted by Markz - 27 Mar 2017 18:50

Brother

Do you know of any members that succeeded with Taphsicing for rough days?

Youre looking for someone to take you on. That's more likely to get you somewhere in life I think, as it has for me BH

=====

=====

Re: my problems

Posted by Hashem Help Me - 27 Mar 2017 23:09

mike, sorry to hear about your rough days. BH you have the courage to post that. Honesty is what makes men around here. Reach out and talk to people. It really helps.

=====

=====

Re: my problems

Posted by mikestruggling - 29 Mar 2017 14:06

had a fall last night i wrote down what i was thinkingi don't like being myself (having to deal with anxieties)i am annoyed at my social anxiety (the feeling that everyone thinks i'm worthless)i am sick (and therefore) i am afraid of lack of sleep (had a hard time falling asleep)

anyone have any tips please feel free to post here or email me (1st post ayin sham)

=====

Re: my problems

Posted by tzomah - 29 Mar 2017 14:40

maybe try cure the craving his cds are great to boost your confidence and teach you how to deal with anxiety

=====

Re: my problems

Posted by mikestruggling - 29 Mar 2017 17:38

whose cds? carlebach?

was listening last night to The Fight by r bentzion shafier the shmuz about conquering desire

=====

Re: my problems

Posted by Singularity - 30 Mar 2017 10:02

FSKOT

=====

Keep it up, brave one. I'm struggling too

Re: my problems

Posted by tzomah - 30 Mar 2017 12:41

[mikestruggling wrote on 29 Mar 2017 17:38:](#)

whose cds? carlebach?

was listening last night to The Fight by r bentzion shafier the shmuz about conquering desire

cure the craving. com

=====

Re: my problems

Posted by mikestruggling - 30 Mar 2017 14:18

thanx

not feeling well i have some sort of cold thats being passed around together with the down of a

anyway i modified y taphsic my last thing was too easy now in addition i need to learn an amud
gemara before a fall *moshcheihu lbais hamedrash*

thanx again for the replies

=====

