

HELP

Posted by JUANCHO - 21 Mar 2017 18:41

---

hi how are you , well my history and is that im married and i have family but de problem is that when i was 8 years an uncle do to me some bad thing and that happen many until i stopped him but now i like mens i didnt do nothing yet but i see many pornography because i like mens to do things whith them now at this day i feel like a garbage please someone help me

=====

Re: HELP

Posted by Chaim2009 - 21 Mar 2017 18:49

---

It's definitely a sad story.

Checkout the handbook and start using GYE.

Life is not over yet, You will enjoy the life ahead if you start now doing the right things.

A lot of us here when we came on here were definite that they will never be sober and that no chance for them.

Hatzlucha

=====

Re: HELP

Posted by GrowStrong - 21 Mar 2017 20:17

---

Hello brother.

Welcome to the forum and welcome to a place where you can share and grow.

We are here to support you in your journey.

Have you had the chance to speak to a professional (therapist) about this yet properly?

There are many here with similar experiences to yours and they are, like all of us, getting to a better place over time...

As the guys here say Keep on Trucking!

Smile, Hashem loves you!

=====

Re: HELP

Posted by Singularity - 22 Mar 2017 08:39

---

Welcome. Find solace that many on this forum share your journey. Keep coming back!

=====

Re: HELP

Posted by bb0212 - 22 Mar 2017 14:26

---

Welcome aboard brother! Life is worth living, I've been very far down the road of "life sucks I wanna die" and I discovered how false it is. A big help was therapy (called DBT). HATZLACHA, DON'T GIVE UP! Keep showing up, keep posting!

=====

Re: HELP

Posted by cordnoy - 22 Mar 2017 23:29

---

Welcome,

The group is here for you.

Wishin' you hatzlachah in recovery.

=====

Re: HELP

---

Posted by mikestruggling - 23 Mar 2017 01:14

---

Welcome i just joined but its great her and don't forget to keep posting we want to hear that your alright

hatzlacha on your journey to good feelings

there are articles and more for SSA on the website

you can email me [mikefineroth@gmail.com](mailto:mikefineroth@gmail.com) (not my name)

=====

Re: HELP

Posted by gibbor120 - 28 Mar 2017 16:58

---

Welcome! Have you ever spoken to anyone about your trauma? Either a proffessional or just someone you feel comfortable sharing with? Keep posting. We are here for you.

=====