

How bad my problem is

Posted by landmine - 30 Aug 2017 15:01

Okay so for the moment I would like to describe how powerless I am. I am unable to do anything at the moment without distracting movies TV eating playing out etc etc. I can only temporarily satisfy myself on minute to minute basis. I have dropped out of university and I feel like I have absolutely no future. I utterly despair of ever being a functional person ever again. I need rehab.

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Re: How bad my problem is

Posted by Mesayin - 30 Aug 2017 15:14

Hi Landmine

I'm sorry to hear what you are going through.

You don't seem to have given up yet since you came here.

I can see in you that most definitely have full capabilities to be a functional person, you just gotta believe that.

Chazak V'emutz

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Re: How bad my problem is

Posted by gibbor120 - 30 Aug 2017 15:42

Welcome! You have come to the right place. Do you know where/how to go to rehab?

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Re: How bad my problem is
Posted by love - 30 Aug 2017 16:26

Hi i really don't know how difficult your situation is

but in my story every time i had a hard time with anything automatically i found my self

in deep lust looking at p**n etc

even i knew

1 i'm going to burn in gihanim

2 ruin my life

3 i'm going to regret

4 it is going to make me more depressed

it wasn't stop me

so i act out then i got more depressed so i act out again.....

recently i had a very hard time at work so i felt so bad so unsuccessful that i found my self
watching shmutz all the time i kept thinking at least enjoy this minute

now i figured that my only success in life is my kdusha

so every time i'm having a very bad day in i want to act out

i'm saying to myself as long you didn't act out you are still successful

don't be depressed when you are going to be successful in job in you are going to be happy
anyway then you could act out

so i think that when person feels he don't have anything is time to say atleast i will be

successful in one thing all the way

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Re: How bad my problem is

Posted by dms1234 - 03 Sep 2017 01:24

Landmine, I completely relate! I love to escape. Well really I hate to escape but thats what i do. I escape whatever i need to do. And i escape to anything: sports, movies, tv and of course lust! And lust is the killer. Really, lust is my solution. Thats my happy place. Where i can when i am stressed, happy, bored, afraid, angry.

In recovery, i have learned how to deal with those emotions and my character defects.

If you want to speak, email me at dms1234ongye@gmail.com

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Re: How bad my problem is

Posted by Hashem Help Me - 04 Sep 2017 02:47

Welcome. You have come to a good helpful place. The chevra will iyh help you get direction and iyh recovery. Meanwhile stay connected and keep posting. The guys who stay on are the ones who get better.

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