

Single Father Support Group

Posted by heemircha - 31 Oct 2017 19:52

Hi,

I am a single father (divorced, not proud of it, nothing to do with lust). While I do agree that there is never an excuse for viewing and doing inappropriate things, I do believe that in different situations the struggle is different. I am looking for a thread or support group with people similar to my situation.

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Re: Single Father

Posted by lomed - 31 Oct 2017 20:44

Welcome.

HAtzlacha on your journey

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Re: Single Father

Posted by tzaddik212 - 31 Oct 2017 20:53

Hi Heemircha.

I am in full support that you should create a group for single fathers, and may hashem guide you and be with you.

I want to comment on something you wrote, quote "I am a single father (divorced, not proud of it, nothing to do with lust)". let me add my two cents on it. the statues of being married nor divorced is not something to be proud of nor degraded for. it is just a statues. In my experience in life, there are some married guys that should not be proud of their marriages, and their are some divorced people that i am very proud with. this stigma of being single and divorced is in the eyes of the beholder.

anyways i wish a lot of luck, and that you should always feel connected to Hashem. and i am looking forward to chat with you more.

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Re: Single Father

Posted by Markz - 31 Oct 2017 21:13

Welcome brother!

34 days is cool!!!

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Re: Single Father

Posted by Hashem Help Me - 01 Nov 2017 11:20

Welcome. It should be with hatzlocha.

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Re: Single Father

Posted by gibbor120 - 01 Nov 2017 13:36

Welcome! You say that your divorce had nothing to do with lust and that may be 100% true. But, often people come here and realize that lust was ruining their marriage even if their wife had no knowledge of it. Just something to consider.

I'm not sure you need someone in the same situation to help with your lust issues. We all have issues, all have different backgrounds, all have different issues with lust and to varying degrees, yet we are all able to help each other. I don't think you have to limit yourself to someone similar to you.

Keep posting. Tell us more about your lust issues. When they started, what are your common triggers etc. That is more important than finding a 30 something, divorced, yeshivish guy.

Check out the handbook too.

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Re: Single Father

Posted by heemircha - 01 Nov 2017 14:50

it definitely started with curiosity many years ago. i am a very curious person. nowadays loneliness is a major trigger. Feeling rejected is also. I appreciate the ability to speak this out in an open forum, thank you all for listening

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Re: Single Father

Posted by bb0212 - 05 Nov 2017 14:52

Heemircha,

Gibbor is saying the truth, you don't have to limit yourself to those in a similar situation to you. At the same time, if you feel it will be helpful for to have a support group of ppl in similar situations, go for it! It's something that I agree with, I'm in a similar situation to you (divorced dad, low 30's) and it was something that always interested me.

In either case, it's definitely possible to succeed in ?????? ?????? ?????? ?????? as a divorcee. I've had much more success than failure in the past 8 months or so. The times that I fell, I fell because I fell and not because I'm divorced.

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Re: Single Father

Posted by gibbor120 - 06 Nov 2017 14:35

Lonliness is a biggie, as is feeling rejected. Do you have friends/freinships that you can

develop? Do you have people to talk to about your feelings or just to vent? Do you have a social life? Working on these things can really help. Can you get involved with a chess organization or something similar. It can help with loneliness and make you feel good that you are being productive and helpful too.

I know these things aren't directly "lust" related, but they are addressing the source of the issue. Check out the Dr. Sorotzkin link in my signature and read his article about the "psychological factors of acting out". It's a real eye opener (no pun intended).

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Re: Single Father
Posted by kyle - 07 Nov 2017 00:57

Warning: Spoiler!

as a single father of 5 and just 40, i would join your group. Your doing awesome.

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Re: Single Father

Posted by bb0212 - 07 Nov 2017 06:01

[kyle wrote on 07 Nov 2017 00:57:](#)

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So we have 3 so far:

Kyle

Heemircha

bb0212

I think this could definitely be a good support group for all of us.

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Re: Single Father

Posted by tzaddik212 - 07 Nov 2017 18:25

Hi Guys.

Three is definitely a good start, it is considered a group. I realized many years ago that there is a need for single fathers support groups.

so i am grateful that were starting here i GYE that kind of group, but i would also like to see such a group outside of the GYE issue. there is so much to deal with, child support, Yomim Tovim, family, etc. does anyone have any ideas.

anyways meanwhile lets support this group.

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Re: Single Father

Posted by heemircha - 07 Nov 2017 19:54

[bb0212 wrote on 07 Nov 2017 06:01:](#)

[kyle wrote on 07 Nov 2017 00:57:](#)

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bb0212

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How do we go about setting up a group?

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Re: Single Father support group

Posted by bb0212 - 08 Nov 2017 06:54

[heemircha wrote on 07 Nov 2017 19:54:](#)

[bb0212 wrote on 07 Nov 2017 06:01:](#)

[kyle wrote on 07 Nov 2017 00:57:](#)

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bb0212

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How do we go about setting up a group?

Edit your first post on this thread & change the subject to "Single Father support group" & viola!
We have a group!

We Could technically start a new group In the group section.

We Could also do a group email.

Any other ideas?

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Re: Single Father

Posted by bb0212 - 08 Nov 2017 06:56

[tzaddik212 wrote on 07 Nov 2017 18:25:](#)

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Tovim, family, etc. does anyone have any ideas.

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Agreed 100%! So are you a single father interested in joining our support group?

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