

My Story

Posted by PDS - 13 Nov 2017 22:12

I am 28 year chasidish men , I got married for 7 years ago, however since I was at the age of 13 yrs I started having to struggle fithing with "???" , I am was born "???" with a very worm hart, meaning in both ways, I was always praying with tremendous amount of "???????" "?????" and "????????????", and I am appearing to be from the "???????" "?????????????" in the community, however a warm hart also means a warm hart to "??????".

I am a smart man, however I am a big "thinker" I analyze everything, I like to use my brain, the first few yeares after I got married I learned in kollel, but I had not sipuk enough, I started doing Software Programming.

In the community I see my self isolated from the people, most of the time "?????????" happen to me after a while when I don't have a tight schedule.

Does anyone find himself in such a category?

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Re: My Story

Posted by Markz - 13 Nov 2017 22:40

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Re: My Story

Posted by Hashem Help Me - 13 Nov 2017 22:57

Welcome. You are in the same boat as many of us. Stay connected. Keep posting. lyh you will get out of this mess.

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Re: My Story

Posted by gibbor120 - 21 Nov 2017 14:58

Welcome! Read the handbook. I think you may find it enlightening. I would also recommend Dr. Sorotzkins article on the "psychological factors of acting out". there is a link to his site in my signature.

Isolation is a biggie. Do you have friends? Do you consider yourself a perfectionist? (if so Dr. Sorotzkin has a great article on that as well).

Keep posting. Your situation is very common.

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Re: My Story

Posted by PDS - 22 Nov 2017 03:51

Thanks a lot

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