

I'm depressed

Posted by Danger324 - 20 May 2022 21:40

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I'm depressed. I went outside and a woman sat next to me, I tried not to see her, I did my best to have good thoughts about the Torah, I said to myself: do not covet your neighbor's wife, it was hard, try to be strong, in the end... I thought I was attractive I felt bad and now because I'm depressed I want to masturbate... I'll try to resist, help me, I don't feel worthy of being Hashem's people

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Re: I'm depressed

Posted by frank.lee - 21 May 2022 22:58

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You are awesome!! You are healthy!! If it was easy not to covet another woman, the Torah wouldn't command us not to covet.

Hashem gave you these thoughts and desires because he loves you! Not in order for you to act out, but to give you a challenge for you to overcome!

Hashem loves you!!?? ?????? ??????, ????? ????? ?????

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Re: I'm depressed

Posted by Danger324 - 22 May 2022 07:05

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Thanks! Thanks! Thanks! I love

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