

Need Direction

Posted by yiftach - 18 Dec 2023 08:36

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Hi,

I just joined the programs seriously, however, I feel that I need guidance from a Daas Torah to turn to. I'm married for 2+ yrs and want my wife to feel like we have an intermediate she can speak to, to get a feeling of where I'm holding and progressing.

I tried going down the therapist route, but can't afford it more than one week.

Basically, what I need is a Rav (that we can speak to and guide us anonymously?), to get the direction we need.

Can anyone help?

Thanks

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Re: Need Direction

Posted by frank.lee - 18 Dec 2023 10:07

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You can call a Rav anonymously and discuss things. Whatever you are going through is likely similar to what tends of thousands of other couples are going through our have gone through, and they have the experience, insight and siyata dishmaya to help and guide you.

You can try kav halacha.

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Re: Need Direction

Posted by yiftach - 18 Dec 2023 11:16

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What is kav halacha?

I cud just call anyone anonymously and have them guide me and my wife?

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Re: Need Direction

Posted by Shmuel - 18 Dec 2023 12:34

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My experience has been that i need someone that knows me...

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Re: Need Direction

Posted by true\_self - 18 Dec 2023 13:05

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She can try Amudim.org they are very helpful. GYE also has a spouses program, she can get in touch with someone there if she signs up.

Wishing you much hatzlacha!

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Re: Need Direction

Posted by Crabapple18 - 18 Dec 2023 13:19

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Hi - Welcome

I'm not sure how you'd expect a Rov or Rebbe to offer continued guidance (and progress reports) with you remaining anonymous.

I personally only gained from a "non anonymous" relationship with a rebbe.

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Re: Need Direction

Posted by yiftach - 18 Dec 2023 13:38

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I hear that. But at my current situation, and being the fact that NO ONE besides my wife has a clue about my matzav. I feel really embarrassed to share with another soul that knows me (the fact that my wife found out was hard enough for me). Therefore, as a first step and finding guidance, I am searching (unsuccessfully, as of now) to find a solution. All I need is a rabbinic figure that I can speak to and can guide me together with my wife.

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Re: Need Direction

Posted by Shmuel - 18 Dec 2023 13:45

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Was is the guidance you are looking for?

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Re: Need Direction

Posted by bright - 18 Dec 2023 14:15

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Maybe try Hashem Help Me. He is a major baal eitza in this area. Even if he personally wont do everything you want. He probably can point you in the right direction.

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Re: Need Direction

Posted by yiftach - 18 Dec 2023 14:20

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The basics. Where to turn to? What help to reach out to

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Re: Need Direction

Posted by Heeling - 18 Dec 2023 17:48

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[bright wrote on 18 Dec 2023 14:15:](#)

Maybe try Hashem Help Me. He is a major baal eitzah in this area. Even if he personally wont do everything you want. He probably can point you in the right direction.

Email address for Hashem Help Me - [michelgelnier@gmail.com](mailto:michelgelnier@gmail.com)

He's a Tzadik! Please reach out to him.

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Re: Need Direction

Posted by frank.lee - 19 Dec 2023 00:05

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Yes. There are a number of Rabbis who answer the phones. Call. Stay talking and you will see if you are comfortable with them, is he patient etc. And you can ask him if it is good time to share the full story, or just a quick question. Then you can call back and connect directly to him. You can ask him how.

I can message you the number...

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