

Feeling Hurt

Posted by feelinghurt - 14 Feb 2024 02:41

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Hi, I'm feeling hurt and worthless. I came here hoping to find a way to overcome this struggle. Thanks for listening to me.

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Re: Feeling Hurt

Posted by feelinghurt - 16 Jul 2024 22:40

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Hi Everyone, I'm still around and still working on myself. I'm on a journey and have been my whole life. Early this week I had a fall, and after a very painful day after the fall, there was so much bad talk going on in my head over what happened. Finally, I sat down and wrote the following to try to answer all the bad things I was telling myself...

Things I'm Going to Try to Do, Even Though They Are Hard for Me

1. Don't berate yourself - even though it's hard not to (now I'm crying a lot)... don't do it!!
2. Realize that despite everything, there is still hope - yes, there is still hope for you!
3. Realize that although it's understandable to feel the shame and guilt you feel, it's still toxic and bad for you.
4. How do you build your self-esteem? Don't be clueless... Do the things that Hashem loves... just do them as best you can.
5. Will it ever get better? I don't know, but you can't and shouldn't worry about that.
6. One day at a time.
7. Always remember... you're not evil or some kind of human mutation.
8. Always remember that you are priceless - even though you often feel and believe you're worthless.
9. Always remember you have a reason to live, even though you have no idea what in the world it could possibly be.
10. Hashem is here with you holding your hand, even though you feel like He wants nothing to do with you.

11. Don't beat up yourself about learning... learning Torah is hard and you're not naturally inclined to learn, and that's okay.

12. Even though you don't have any friendships or chavrusas, that doesn't mean you won't one day have.

13. Even though you're hurting a lot inside, don't despair, Hashem loves you and He can teach you and show you how to be happy.

14. Remember Hashem loves you, and even though you've failed, you're not a failure.

Just wanted to share how I'm trying to recover and keep going despite all the negativity...

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Re: Feeling Hurt

Posted by feelinghurt - 18 Jul 2024 00:51

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No replies, so I guess no one cares... and why should they care? Am I worth being cared about? Maybe yes, and then again, maybe no. But if I'm looking for validation to survive, I need to realize that's a crutch! I've got to do this work and heal on my own - 100% on my own.

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Re: Feeling Hurt

Posted by oivedelokim - 18 Jul 2024 00:54

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Buddy, I just chanced upon this thread, I see that you're in a lot of pain.

You also seem to possess a lot of wisdom and inner strength.

I'd be honored to be your friend. See my signature for more details.

Please reach out via PM, would love to chat with you!

Best wishes,

OivedElokim

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Re: Feeling Hurt

Posted by chaimoigen - 18 Jul 2024 01:56

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Lots of wisdom in your list.

I particularly relate to the item about hope. To me, GYE means hope. Opening new doors where there was only a brick wall before...

Hang on...

Chaim Oigen

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Re: Feeling Hurt

Posted by amevakesh - 18 Jul 2024 03:06

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Buddy I have no words, but my heart bleeds for you. I wish I could make your pain go away, but I don't know how to. But one thing you should know, we care, and we care a lot. Reach out to any of us, and we'll be glad to listen, even if we can't actually help.

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Re: Feeling Hurt

Posted by BenHashemBH - 18 Jul 2024 12:27

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[feelinghurt wrote on 18 Jul 2024 00:51:](#)

No replies, so I guess no one cares... and why should they care? Am I worth being cared about? Maybe yes, and then again, maybe no. But if I'm looking for validation, I've come to the wrong place. And besides, I don't need the validation of others to heal - that's a crutch! I've got to do this work and heal on my own - 100% on my own.

So yes, I have no friends anywhere, not even virtual friends. But that's what I need. I'll pick myself up and go on - all on my own.

Ouch.

Dear dear chaver,

Please don't feel that we don't care. Some of the most caring people you'll meet are here. I'm sorry that I missed your message. You are worth the world. While we don't necessarily need validation, it certainly helps, and we do need friends. I would be honored to know you and be your friend, special Yid. Reach out and take the extended hands of your brothers. We are here for each other.

Kol Tov

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Re: Feeling Hurt

Posted by yiftach - 18 Jul 2024 12:55

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Dear friend!

I just went thru the entirety of this thread. My heart is broken for you. I can't ever imagine the pain you've gone and are going through. You're so innocent, yet in so much pain.

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Re: Feeling Hurt

Posted by yiftach - 18 Jul 2024 12:57

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Re: Feeling Hurt

Posted by yiftach - 18 Jul 2024 13:01

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Dear friend!

I just went thru the entirety of this thread. My heart is broken for you. I can't ever imagine the pain you've gone and are going through. You're so innocent, yet in so much pain.

The Ribono Shel Oilum should bentch you with true happiness and content. All I can do is storm the heavens on your behalf. BeH you'll see and feel the redemption from all the trauma and pain.

Here's a hug from the holy land!

- Yiftach'l

PS. After reading your thread, I hope to go to the kosel today and daven for you. I can't imagine your pain and just want you to truly feel a new dawn. All the best!!!

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Re: Feeling Hurt

Posted by neshomo kedosha - 21 Jul 2024 00:09

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dear feeling hurt

I feel for you! I read your post, what can I say? Your deep words will help a lot of people struggling and in pain.

I hope you find the chizuk you need, we're all here for you!

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Re: Feeling Hurt

Posted by feelinghurt - 21 Jul 2024 20:27

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Okay, you guys are really totally amazing... thank you for all your words of chizuk!! I was in a tough spot when I posted and vented, but it got me to realize that this fight (or "journey" as I call it), is ultimately up to me. Sure, I need friendships and healthy connections with guys who understand my challenges, but I have to do the work if I'm going to succeed. I need your validation, but more importantly, I need to learn how to validate myself and not label myself a failure.

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Re: Feeling Hurt

Posted by amevakesh - 22 Jul 2024 13:05

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Not sure how to post a link to a different thread, but post #415016 in Chaim's Oigen might be worth reading.

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