

im a 26 year old in shidduchim trying everything

Posted by relirsom - 28 Oct 2024 14:47

hi im 26 yo im in shidduchim for over 2 years. ive had alot of ups and downs but im still trying. it all started very young i grew up in a terrible way i was beaten by my parents curesd at and really put down by my parents and family. i was never the good kid anywhere. in school i was bullied and i had no friends so im living here loanly as a child everyone hates me i felt like garbage it was around 7 when someone started tol ike me and connect with me it was a family member and then he started to molest me every week multiple times a week but atleast i had a connection nobody else liked me i then got molested a few times by a different guy in shu. I now this ruined my sexuality i began to be really confused sexually i was half way attracted to men but not really and was overly attracted to women. when i was 12 i started using the family computer making emails watch videos and then googling basic stuff until i eventually discovered p***n. i then started watching every day i got an ipod and would watch every day a few times a day i went to isreal when i was 18 and struggled for hours a day. someone found out about my family situation and i flew back and went to thearpy for a few months it got a little bit better but i was still watching every day i continued therapy and went back to isreal until i was 23. i worked very hard and was only watching a few times a week it was slowly getting bit by bit year by year a little better i began locking all my devices and now i can go for a few weeks without but i always figure out ways to watch every few weeks i watch for hours. the mas***** got a bit better aswell. i now try my best to go a few days without but when i fall i fall hard a few times and feel death the next day.. it sorta saved me from leaving this world because i felt like i had a connection even now my family situation is not good i dont have many friends or connections with anyone. this is my friend but my biggest enemy aswll but how do i leave my only best friend when i have nothing eles i feel nobody likes me im loanly its not humanly possible to live like this and this is my only way to survive i hate it and i want to change but its in gods hands now im doing everything i could.....thank you for reading

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Re: im a 26 year old in shidduchim trying everything

Posted by hopefulposek - 13 Jan 2025 19:30

(I feel like I missed the initial post that started this but gonna go out on a limb here...)

Mazel Tov!!

i am so happy for you, when I checked my email and saw (deduced) the news I was filled with tremendous simcha for you. Wow such a beautiful simcha!

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Re: im a 26 year old in shidduchim trying everything
Posted by gevura shebyesod - 13 Jan 2025 19:33

Mazel Tov!!! May you and your Kallah build a home filled with Kedusha and Simcha!!

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Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 22 Jan 2025 05:23

Had and currently having a really painful day lots of difficult emotions I'm upset and overwhelmed and haven't slept in 2 nights but I'm clean

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Re: im a 26 year old in shidduchim trying everything
Posted by fighterwithfire - 22 Jan 2025 09:30

[soulwork wrote on 22 Jan 2025 05:23:](#)

Had and currently having a really painful day lots of difficult emotions I'm upset and overwhelmed and haven't slept in 2 nights but I'm clean

Unreal. Engaged, emotional, upset, haven't slept in 2 nights, and in pain...and you're clean??!

My friend, you're an absolute WARRIOR! WOW! Can you imagine how proud Hashem must be of you?!

Keep inspiring us all!!

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Re: im a 26 year old in shidduchim trying everything
Posted by jollylemur95 - 22 Jan 2025 14:48

I can only second that!

You are unreal, chaver!

I am in awe of you and your gevuros hanefesh to push on!

Super Awesome!!

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Re: im a 26 year old in shidduchim trying everything
Posted by cleanmendy - 22 Jan 2025 15:07

Your being mechazek me and im sure many others!! So if you dont do it for yourself at least

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Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 23 Jan 2025 04:54

I read all the chizuk comments and tremendously appreciate it beyond words I can express .the feeling of being part of a people with such a beautiful struggle. I say that because the real struggle is falling it's pain caused by the feeling of someone who just wants to do what is right and what is written in the Torah and if they had the power they would . That to me is extremely impressive 1 day or a million doesn't matter because our purpose and what g-d wants from us is too try and the results are up to him and as long as we try we can be proud of ourselves and of our fellow brothers here who are also trying it's truly beautiful and I'm proud to be able to struggle from the dirt of the earth and make it holy.

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~~stay~~ strong for all of us!

Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 30 Jan 2025 04:40

I'm having a hard time right now a situation triggered me one of my most difficult triggers and it hit strong I'm not doing anything bh but feelings are strong

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Re: im a 26 year old in shidduchim trying everything
Posted by altehmirrerr - 30 Jan 2025 04:52

Please stay strong buddy! were here for you!!!! let us know how it goes!!!!!!!!!! keep on trucking!

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Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 30 Jan 2025 12:25

Bh doing good last night was good

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Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 10 Feb 2025 05:04

What's up, everyone BH I'm doing great. I've been extremely extremely busy like I've never been in my life. It feels good but can get difficult. I'm doing good i had a few situations where I felt like I had to restart a bit I had to Refresh and keep on going. for example I did some filter poking the other day Thank God I didn't have any access anywhere after so many years of filters failing I was able to actually stop and think what am I doing? Take a deep breath relax and now I'm back on track BH I didn't fall still on track doing good. I think I still need to put in more work though. I don't think I'm putting in enough work for this to be honest.

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Re: im a 26 year old in shidduchim trying everything
Posted by cleanmendy - 10 Feb 2025 14:49

Thats amazing you stopped to think.

That IS the fight, to stop ourselves and make a conscious decision to stop, dont fall

Your unbelievable, your a lucky man that your going into marriage post GYE, maybe consider calling HHM for a chosson shmuz?

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Re: im a 26 year old in shidduchim trying everything
Posted by soulwork - 17 Feb 2025 05:48

Hi everyone I'm still alive doing good bh. I have a lot of frustration and anger today. it happens when I have feelings of withdrawal and also I feel feelings much stronger when I'm not escaping reality. even basic escapism i don't do anymore no social media of any kind and no smoking. no time for gym witch is very healthy for me. that lead to me having a cloudy rain day like today filled up with feelings of sadness and no accomplishment anger and frustration. that brought me to later today when my dad did something and I got really pissed off way more than I should have and then a got very upset at my mom when she said I'm a wreck and saying crazy stuff I said some stuff I really regret and feel so stupid. truth is I wish she asked me why I'm so frustrated and upset instead she judged me for being frustrated I can't exactly tell her either. but I feel like garbage now and that leads to no good... I will apologize to mom tomorrow and try to explain to her I was having a hard day but I figured I'll share because these feelings lead me to not good places.

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Re: im a 26 year old in shidduchim trying everything
Posted by azivashacheit101 - 17 Feb 2025 15:53

I just read your original post and much of the this thread for the first time. I have no words.... you must be one of the strongest people alive. You lived through the deps of total hell and emerge on top time and time again. you're beyond the level of a hero you're superhuman even if you don't feel that way and recognize it in yourself. I have nothing but absolute love for you, sympathy and tears for your story and tons of awe at your unreal levels of strength. Stay strong and keep in mind that we all love you, and most of all Hashem loves and is closest to people like you who lived through the roughest levels of hell on earth.

You story gives us all unlimited amounts of chizzuk!

Keep up the great work!

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