

Can't believe I'm here.
Posted by baalhaboss - 17 Apr 2025 22:08

Hello all.

I can't believe I'm here.

I visited a male P. tonight - the second time in my life. But I'm a frum Baal Haboss. I have a wife and children. I'm successful financially and friends and everything. I've got nothing missing in my life BH. I've even got a married child. I learn once or twice a day and have a pretty good name in the community. I give \$100k plus to tzeddoka annually.

So why?

I'm so lost and confused and disgusted and disappointed- I don't know how to handle this.

For the record, I've never been oiver M"Z. But close enough. Been MZ"L together with the male P.

I'm lost and lonely and worried for the future.

I was brought here by chance. I hope it's a successful journey.

I'm signing off but wow, I'm feeing low.

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Re: Can't believe I'm here.
Posted by baalhaboss - Yesterday 22:58

Dear all

There's been so many warm and encouraging messages, I can't tell you how much they each mean to me. Each of you have had a part in rebuilding my belief that I can move past this and use the low to achieve a new high.

I am tackling this in the same way I do at work. Focussing on what the outcomes need to be and how to get there. The frequent warnings regarding the chizuk wearing off are all well accepted and familiar to me.

I will write again soon but just wanted to let you all know how grateful I am.

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Re: Can't believe I'm here.
Posted by baalhaboss - Yesterday 23:04

Thanks! In my post, MZ = Mishcav Zochor.

I'll spend some time to think about your specific points - sometimes it's such a blur and difficult to pinpoint specific triggers or similar. I've got a lot of introspection to do...

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Re: Can't believe I'm here.
Posted by yitzchokm - Yesterday 23:12

Your trigger might be a situation like social media, or meeting men in specific places, or something emotional that you are trying to gain or run away from. If you have true SSA then it might be something entirely different but given that it was only twice and only after you are an adult I wouldn't immediately assume this to be the case. Take your time figuring things out. You are very sincere about recovery and you are looking forward which is very good.

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Re: Can't believe I'm here.
Posted by SisonYishecha - Today 05:32

[baalhaboss wrote on 22 Apr 2025 22:58:](#)

Dear all

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I am tackling this in the same way I do at work. Focussing on what the outcomes need to be and how to get there.

That's really great.

Just keep in mind ???? ??? ??????????, and whilst you may be a ??? ??????? in business, not necessarily will that prove successful here.

Many here before have trodden the beaten path, and they're holding out their hand for you, whenever you're ready to accept it.

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