

Doing things that are hard so hashem has mercy

Posted by avreimel - 02 May 2025 16:40

Hi all,

Not even sure where to begin, im a user for the last 10 years or so and have been in this cycle of pathological shame and guilt for the last 4 years, ive seen myself be affected through various stages of my life in different ways. Over the last year ive been very aware of my work i need to do and am coming on hjere after hearing about this forum on the Eli Nash podcast. Looking for support as well as connection to help stay strong.

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Re: Doing things that are hard so hashem has mercy

Posted by captain - 04 May 2025 13:16

Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: Doing things that are hard so hashem has mercy

Posted by ilovehashem247 - 04 May 2025 15:27

Welcome!

You are a good person.

A sick person trying to get better, not a bad person trying to be good.

keep coming back, no shame in the struggle. It's not your fault that you're struggling but it is your responsibility to do something about it.

It takes tremendous courage to reach out and share, so keep wearing your big boy pants and continue trying.

keep coming back brotha

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Re: Doing things that are hard so hashem has mercy
Posted by lamaazavtuni - 04 May 2025 18:26

Welcome welcome!! another yid who found the path to kedusha the path to living a enjoyable guilt free life!!

hatslacha on your journey !!

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