

Gratitude

Posted by Atzmosyosef - 13 Jun 2013 12:44

Man i just want to share with everyone

The fact that Hashem has kept me alive another day must show that im still worth it.

I mean even after all the millions of times that ive seen bad pictures, and did zera levatala, my good deeds must be fighting for me in heaven.

i dont know if my addiction is related to my depression or anxiety but the fact that i can speak openly on this site is SUCH a relief for me because i usually dont speak up. SO THANK YOU ONE AND ALL

=====
=====

Re: Gratitude

Posted by tehillimzugger - 13 Jun 2013 14:45

Welcome to the forum Atzmos!

As someone once said "The fact is that you can speak openly on this forum", so, what are you waiting for? Jump right in! We are waiting to hear from you.

=====
=====

Re: Gratitude

Posted by gibbor120 - 13 Jun 2013 22:27

WELCOME Atzmosyosef! You are taking a very important step. The first of many IY"H!

Keep posting... oh, and keep on truckin!

=====
=====

Re: Gratitude

Posted by Atzmosyosef - 14 Jun 2013 03:17

Ye youre right. The forum is here for us to share and get chizuk.

Man at times i need so much chizuk. Does anyone else feel intense times of happiness like when dancing, and then INTENSE opposite feelings of theres no point to life ? I really believe that sex addicts have strong emotions ... thats why we need to express ourselves, just through immoral acts it comes out in warped ways.

I was wondering, because im a single guy now and tg im working on overcoming my sexual
I know its a while away but one day when i
found an eizer knegdo, how can i be sure that i wont hurt her or our relationship ?

If anyone has advice it would be greatly appreciated. (i really like practical tips that i can actually implement).

Also, why do i find myself comparing myself to other people who dont seem to have issues like i do, and it makes me feel like quite a roshah, even though i know maybe Hashem maybe tests them in other ways ?

Lastly why was it at least in my school (a frum school) and i guess all frum institutions, particularly to boys , sex as a holy and healthy act is not discussed in a unjudgemental open forum , rather its whispered and never really dealt with.

~~addiction whilst the only person im hurting is myself~~=====

=====

Re: Gratitude

Posted by gibbor120 - 14 Jun 2013 22:48

[Atzmosyosef wrote:](#)

I was wondering, because im a single guy now and tg im working on overcoming my sexual
I know its a while away but one day when i
found an eizer knegdo, how can i be sure that i wont hurt her or our relationship ?

Work on yourself and everything else will fall into place. Don't look so far down the road. first

things first.

[Atzmosyosef wrote:](#)

Also, why do i find myself comparing myself to other people who dont seem to have issues like i do, and it makes me feel like quite a roshah, even though i know maybe Hashem maybe tests them in other ways ?

Yes, comparisons are unhealthy, and usually based on our gaivoh. We need to humbly try to do

[Atzmosyosef wrote:](#)

Lastly why was it at least in my school (a frum school) and i guess all frum institutions, particularly to boys , sex as a holy and healthy act is not discussed in a unjudgemental open forum , rather its whispered and never really dealt with.

What do you suggest as a curriculum???

[Atzmosyosef wrote:](#)

Hashem's will, and not worry about the jonses, cohens, or greenbergs

We are all here for each other.

Have a great Shabbos!

=====