

Lonely

Posted by lookingforhelp - 11 Oct 2015 19:28

Does anybody have any ideas for a lonely guy not to fall into shmutz?

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Re: Lonely

Posted by markz - 11 Oct 2015 20:59

I hope you have a productive lifestyle.

Checkout my signature. Also make sure not to miss the "just having fun" forum

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Re: Lonely

Posted by mr.clean - 11 Oct 2015 22:03

Lonely is a vague term... Are u bored? Do u have a schedule? Are u simply alone at home for, 1 hour? 3hours? Whole days at a time?

We need some details friend...

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Re: Lonely

Posted by Watson - 11 Oct 2015 22:04

Yes, make contact with other recovering fellows:

guardyoureyes.com/tools/calls

guardyoureyes.com/component/content/article/33

guardyoureyes.com/tools/partner-program

www.sa.org/meetings.php

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Re: Lonely
Posted by lookingforhelp - 11 Oct 2015 23:34

Being lonely means living in a apartment myself without having to many friends in my status (divorced). And specialy on Sunday when there's no work.

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Re: Lonely
Posted by markz - 11 Oct 2015 23:52

Grab the opportunity to do whatever you can to be productive and recover before you remarry, later may be too late!

Today, not the first day that my wife has asked me what you doin? You see I spend a lot of time on gye.com. So ive been telling her I'm checking guardyoureyes. But she sees me typing rapidly so she asked today - Are you blogging? I said yup. She said " no you shouldn't be spendin time on such

It can be more difficult recover without disclosing to your wife. Sunday's I want to listen in to gye but can't because she may find out. Sometimes she sees me laugh and asks why and I wish I could share but I can't and won't

Many times when husbands are caught or willingly disclose, the wife feels cheated by the unfaithful husband she has and that seriously shakes the relationship.

Another point - many guys have been advised for their recovery to abstain from sex for a while, so you can be ???? that now.

I wish you a happy life and wife bekarov

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Re: Lonely
Posted by cordnoy - 12 Oct 2015 10:53

Usually it's more than loneliness that gets us into this mess, but not always.

It's hard to tell from the little you have said.

Look for productive stuff to do.

B'hatzlachah

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Re: Lonely
Posted by ColinColin - 05 Nov 2015 08:43

I have the loneliness myself (though mine is mainly emotional, I can be lonely in a room of people.)

It is not easy on a Sunday, I understand how most friends are with their families, and it feels as

one is intruding if one calls or visits them too often.

But it is vital to meet up with people.

It takes courage, but see your friends as much as you can, and try to join activity groups.

Local history sports groups, a reading discussion circle/book club etc.

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Re: Lonely

Posted by Shlomo24 - 05 Nov 2015 19:34

well, reaching out here can ease the loneliness.

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