

Home of Ich Bin Zainer

Posted by ich bin zainer - 04 Apr 2014 03:07

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hi im starting a new thread.im done with the introductions.its been almost a week for being clean.i havent felt so good about myself in a long time.i was litterly dancing in my dorm room last night. but anyway this is my new home .feel free to pos

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 07 Apr 2014 08:05

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well i just came home from yeshiva and saw my sister who just came from israel.as i told you guys from my previos thread that i have social anxiety.so anyway i was never really close with my sister and now i get anxios just speaking to her.im getting very sad that this could be my last cgance to get to know my sister before she starts shiduchim but i cant because of my stupid social anxiety.i always had trouble getting close to people but with low self esteem and social anxiety thats rather impossible.all you guys that could have a normal conversation with someone without feeling judged are blessed.you cant imagine how hard life is with social anxiety.im going to my therapist on tuesday hopefully it will help.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 07 Apr 2014 17:50

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i feel like bein hazmanim will be a hard time to stay clean.i made a tafsik that i would fast till 5pm the next day if i fell it already saved me.would it make sence tn also make a big reward to make a big reward if i dont fall the whmnle bein hazmanim. ex.4 rolls of sushi.or do prizes nnt work by this sort of thing

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Re: Home of Ich Bin Zainer

Posted by gibbor120 - 07 Apr 2014 20:11

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A good Rav or therapist is worth all the sushi in the world. Prizes, Taphsic, are relatively weak. If you have social anxiety talking to your own sister, and are seeing a therapist, it sounds like you

are well beyond those helping that much. It's like putting a bandaid on a gunshot wound. The benefit is mostly cosmetic.

Focus on the therapy. Is it helping? How is it going? How long have you been going? Have you made progress? Let us know. Keep us posted.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 07 Apr 2014 21:57

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your very right that the main thing should be taking care of this problem first but..tafsik also did get me out of falling once.so gm going to do both.you wrote you wanted to hear about this issue and progres.well i just went like 2 weeks ago after my teacher told my father after a long time of me pushing off to tell my father/a year/.the first session went pretty well.the therapist gave me a workbook to do.i looked ahead of where i was supposed to go and i really makes sense so i hope it will help.also i just want to point out before i went to therapy i thought i would be very scary/nurses asking you embarrassing questions,waiting room with like 20 people in it etc but it was nothing of the sort.but anyway im going tomorrow ill try to post how it went

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 07 Apr 2014 22:25

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Definitely go for sushi. Sushi is very important.

On a serious note [not that sushi isn't serious, some people take it VERY seriously] keep going to the therapist, and keep making progress. You ARE making very much progress based on all the postings you're doing. You're doing great! Remember, it's about PROGRESS not PERFECTION.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 08 Apr 2014 06:27

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halachic question.can i say holy words in the bathroom if it will distract me from lust amd mast?

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 08 Apr 2014 07:06

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I believe the Bnei Yisaschar says it's permitted based on a certain Sefer Chassidim [which shouldn't be publicized on such a forum]. I wouldn't go for it though, 'cuz when's the last time holy thoughts helped me "outside" of the bathroom! ...Understand?

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Re: Home of Ich Bin Zainer

Posted by Gevura Shebyesod - 08 Apr 2014 07:22

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Hi IBZ!

I think the Mishna Brura says that you can think divrei torah if that is the only way to distract yourself, but not to say them. It's better to think of other "neutral" interesting things though, such as math problems or interesting buildings or whatever.

I posted the reference once but i cant find it right now.

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Re: Home of Ich Bin Zainer

Posted by Dr.Watson - 08 Apr 2014 11:17

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I read the 12 and 12 in the bathroom, which seems almost a contradiction. if it's spiritual enough to help then maybe it's too spiritual for the bathroom.

at times in yeshiva I took seforim with me into the bathroom as I felt that the trade-off of aveiros was worth it. but then again I also masturbated in the beis hamedrash once so if i personally would have refused to take seforim in the bathroom which might have helped, I would certainly have been a terrible hypocrite.

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Re: Home of Ich Bin Zainer  
Posted by yehoshua - 08 Apr 2014 11:30

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I masturbated at work. I keep bits of paper in my pocket, I am not frum, but I take these bits everywhere. They contain the 12 steps and a list of what i can change and what i can't change, and also prayers of course... Taking the paper out of the pocket is huge actually for me...

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Re: Home of Ich Bin Zainer  
Posted by TehillimZugger - 08 Apr 2014 16:11

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[Gevura Shebyesod wrote:](#)

I posted the reference once but i cant find it right now.

It should be 85, 2 but I'm in the bathroom now and can't check. And what I wrote yesterday b'shem the Bnei Yisaschar- Yesterday I "Believed" he said so, today I no longer believe so.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 08 Apr 2014 17:54

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any ideas for an excuse to tell my siblings when im going to a therapist? asap

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 08 Apr 2014 19:32

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learning how to deal with their issues

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Re: Home of Ich Bin Zainer

Posted by gibbor120 - 08 Apr 2014 20:24

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[ich bin zainer wrote:](#)

any ideas for an excuse to tell my siblings when im going to a therapist? asap

Why not just be honest? They must realize that you have social anxiety. Why not just tell them.

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