

Home of Ich Bin Zainer

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

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 - 10 Apr 2014 22:34

halacha question: i want to go jogging today.there are some immodestly dressed on the sidewalks.do i have to run on my treadmill instead?

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Re: Home of Ich Bin Zainer

Posted by Dr.Watson - 10 Apr 2014 23:45

is that a halacha question, or is it an attempt to use a 'third party' to distance yourself from the reality of the problem?

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 11 Apr 2014 00:01

Doc...there's nobody who says it quite like you...and with such grace!

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 11 Apr 2014 00:41

whats the reality of the problem? btw halacha says if you could take a alternate route u must take it .but in my house there is no beautiful weather

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Re: Home of Ich Bin Zainer

Posted by cordnoy - 11 Apr 2014 00:46

I always take the route along the beachfront....less lights there, and then i can learn more when i get home.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 11 Apr 2014 04:48

mazal tov to me for reaching 2 weeks clean.i dont know what it is but gye has really helped me.in the begining it was quite hard but it got way easier as time went on.whats working for me so far is 1.made a hachlata not to go on the machshev unless it was important.2.this forum.3. tafsic 4.keeping busy.5.sponcer 6.90 day chart.7.shmiras eynayim /never knew of the concept before/ . thanks to everyone who gave me chizzuk so far.

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 11 Apr 2014 06:19

Congratulations!

On two weeks!

48 posts!

2 Karma!

Way to go!

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Re: Home of Ich Bin Zainer

Posted by Pidaini - 11 Apr 2014 11:37

WOOOOOOOHOOOOOOOOOOOOO!!!!!!1

KUTGW!!!!!!

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Re: Home of Ich Bin Zainer

Posted by dms1234 - 11 Apr 2014 18:51

YAYAYAYAYAYAY!!!

Amazing work!!!!!! Keep it up!!!!!!

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 12 Apr 2014 02:23

im feeling really down right now.im working really hard for pesach but i have no enerjy.im getting depressed over where i am as a person emotionally,socially and spiritually.i have alot of problems and am really geting down because of them im going to write a few .well first of all my social anxiety.i cant be in public without feeling self concios for a second.i dont have great social skills and cant carry a normal conversation(mind you at age 17)i have no friends in yeshiva and its not because of them.i actualy never had a friend my whole life.i never even

thought of having friends and i dont even know why.im always thinking that everyone is judging me for bad or for good but ussualy for bad.i remember in 7th grade having this problem of not being able to speak in front of the cool kids.i didnt even think of telling someone.and its not like i come from a messed up house.anyway right now im very unhappy because of this i goua run but im not done venting yet.

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Re: Home of Ich Bin Zainer

Posted by dms1234 - 12 Apr 2014 03:56

WHOA WHOAH WHOAH

Where did this come from?????

You just wrote yesterday:

ich bin zainer

mazal tov to me for reaching 2 weeks clean.i dont know what it is but gye has realy helped me.in the beginng it was quite hard but it got way easier as time went on.whats working for me so far is 1.made a hachlata not to go on the machshev unless it was important.2.this forum.3. tafsic 4.keeping busy.5.sponcer 6.90 day chart.7.shmiras eynayim /never knew of the concept before/ . thanks to everyone who gave me chizzuk so far.

Calm down!!!! Take a deep breath. You are doing really well. Remember, progress not perfection. We aren't going to change ourselves over night. Step by step which exactly what you have been doing.

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 13 Apr 2014 06:59

thanks for the support.9494 if you can share more about your social anxiety and tips that would be awsome. i have more to write but now is not the time .i relized the only way i can realy gain

from therapy is to be open.but i find it really really really hard to do that anyway if anyone has any tips that would be great ibz

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Re: Home of Ich Bin Zainer

Posted by ich bin zainer - 13 Apr 2014 19:03

just resisted the hardest urge yet.i got on the level of yosef hatzadic.aculy did the same tactic as him .i ran out of the shower go me:)

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Re: Home of Ich Bin Zainer

Posted by TehillimZugger - 13 Apr 2014 20:11

YEAH GO YOU

Warning: Spoiler!

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