

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by MayanHamisgaber - 29 Jan 2017 20:56

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encouraging and thoughtful that i know i can do this for good !

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Re: I will make it b"h

Posted by Shlomo24 - 29 Jan 2017 22:07

Ok. MH, the stress is making you incoherent. Care to repeat that story? Not sure what you mean.

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 04:24

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Re: I will make it b"h

Posted by Shlomo24 - 30 Jan 2017 04:32

Oh, this is from the Mishpacha! This isn't a personal story? (And I'm still lost).

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Re: I will make it b"h

Posted by GrowStrong - 30 Jan 2017 11:16

This is the craziness going on in his real family that he cant fully explain in details to us....

Mayan, feel free to be in touch for direct support, i will give you my details via PM, you are in israel right.

Stay Strong!!! Don't let this bring you down!

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 20:34

thanks GS i think Shlomo was trying to lighten the mood thank you

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 20:50

Day 42

okaaaaaaaaay

Hashem was listening boys disaster never happened as far as we are concerned nothing is happening

thank you Hashem ?thank you Hashem ?thank you Hashem ?thank you Hashem ?thank you Hashem

and thank you to my family on gye for supporting me during this i may not seem to appreciate or respond properly but i truly appreciate everything

B'hatzlacha

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Re: I will make it b"h

Posted by Hashem Help Me - 30 Jan 2017 22:46

Happy you pulled through BH. "my family on gye" has a nice ring to it. I feel the same way. There are so many people who stand by our sides when necessary. Keep us posted - you are bli ayin hora almost halfway to 90!

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 22:55

Thanks and i notice that you are passed half way kein yirbu

B'hatzlacha

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 23:00

was thinking a little (chidush) and maybe this will help others understand how i work a little.

I'm the type to think what can be the worst outcome of a situation and take all precautions for that outcome like how to deal with it if it should come to be or how to prevent it hence i cause myself undo stress for no reason.

chow

B'hatzlacha

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Re: I will make it b"h

Posted by Trouble - 30 Jan 2017 23:11

[MayanHamisgaber wrote on 30 Jan 2017 23:00:](#)

was thinking a little (chidush) and maybe this will help others understand how i work a little.

I'm the type to think what can be the worst outcome of a situation and take all precautions for that outcome like how to deal with it if it should come to be or how to prevent it hence i cause myself undo stress for no reason.

chow

B'hatzlacha

If thinking is indeed a chidush by you, why are you thinking so much about the worst outcomes?

Seriously speaking, it is very commendable of you that you realize that about yourself, for that is the first step towards reversal.

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Re: I will make it b"h

Posted by MayanHamisgaber - 30 Jan 2017 23:19

agreed trouble however this is an old problem that i struggle with and when in the moment i do not remember to stop over thinking things but now the family knows to watch out for me and

that feels really good.

B'hatzlacha

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(trust me thinking aint no chidush just forgot to finish the joke...)
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Re: I will make it b"h

Posted by Trouble - 30 Jan 2017 23:43

[MayanHamisgaber wrote on 30 Jan 2017 04:24:](#)

sure the sibling with a toxic relationship was going to tell the parent about a meeting with a rav therapist the parent and the sibling in their own way and now a rabbi of a different sibling called the parent about it before the sibling told the parent

mayhem in the mishpacha.....

Capitalizing a letter or an occasional period might be beneficial.

Guess you made up for it at the end.

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Re: I will make it b"h

Posted by MayanHamisgaber - 31 Jan 2017 21:02

Day 43

had very triggering dreams last night not sure why they came need to think if i'm trying to hard to watch what i see and think.

anyways B"H it did not end up as a wet dream though was scared at first.

rest of the day went well though B"H.

B'hatzlacha

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(was that good trouble