Ingeman with lot of Shame here
Posted by fishel klien - 03 Jul 2022 19:09

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I'm in my high 20, I always try to think I'm not the story which I keep hearing, I can control myself, even I keep falling, every time I have an answer, but now I will IYH stay clean but it came a day when I needed to face myself and say I have an addiction and you need help ASAP if not who knows what the end will be, you will lose u wife and children , and even worst jail etcBH I'm now 4 days clean

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Re: Ingeman with lot of Shame here
Posted by looking for help - 03 Jul 2022 20:18

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Hello and welcome,

What's your story, talk, everything here is anonymous, don't be ashamed, you can only help yourself by talking... Maybe one of us can help you, give chizuk, advise..

Hatzlocho rabba!

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Re: Ingeman with lot of Shame here
Posted by fishel klien - 03 Jul 2022 20:42

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thanks for the CizekI will start as I remember it was about at age 10 my parent takes me as a tutor should help with learning in CIDER.I don't remember which time it was but I remember him putting his feet there then putting his hand like a mistake, I grow as a frum boy knowing we were not allowed to put the hand there, so I get so confused and didn't know what to think, but the funny part I like when he was doing it so I try to copy him

to continue...

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Re: Ingeman with lot of Shame here
Posted by jackthejew - 03 Jul 2022 21:22

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fishel klien wrote on 03 Jul 2022 20:42**:**

thanks for the CizekI will start as I remember it was about at age 10 my parent takes me as a tutor should help with learning in CIDER.I don't remember which time it was but I remember him putting his feet there then putting his hand like a mistake, I grow as a frum boy knowing we were not allowed to put the hand there, so I get so confused and didn't know what to think, but the funny part I like when he was doing it so I try to copy him

to continue...

Welcome! There are many great people here and you are not alone. There are also many on this site who were stuck for years, and sometimes decades, and have succeeded in breaking free and rewiring their thinking and actions. Abuse can be a major factor in sexual problems and addictions, and opening up about it can feel scary and painful. Do you have a therapist to work through this with? If not, please consider reaching out to Relief or Amudim. Both have great resources and can help find the right therapist for you while mantaining your privacy. Hatzlacha Rabbah!

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Re: Ingeman with lot of Shame here
Posted by jackthejew - 03 Jul 2022 21:22

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fishel klien wrote on 03 Jul 2022 20:42**:**

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to continue...

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Re: Ingeman with lot of Shame here
Posted by Avrohom - 04 Jul 2022 02:25

Welcome! Wow, it takes a tremendous amount of courage to open up and tell your story - even though it is anonymous. Thanks for sharing! Hopefully you are on the right path to help and success here, we're here for you and hope you can continue the climb, perhaps a difficult climb, to success recovery, and overcoming all that shame. Many people here have dealt with abuse in different forms, and you should know you are not at all alone in this.

Hatzlocha Rabba!

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Re: Ingeman with lot of Shame here
Posted by Markz - 24 Jul 2022 18:40

Hi Fishel,

Great to have you with us!

Where are you upto in recovery, do you have support and are you managing well?

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Re: Ingeman with lot of Shame here
Posted by fishel klien - 24 Jul 2022 18:45

BH is getting better, I'm 19 days clean

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Re: Ingeman with lot of Shame here
Posted by Markz - 24 Jul 2022 19:13

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fishel klien wrote on 24 Jul 2022 18:45**:**

BH is getting better, I'm 19 days clean

Sounds good.

Have you shared your story with a coach / therapist?

You see there's this famous guy Fishel Klein on R' Eli Stefanskys daf Shiur. Is that you?

I heard R' Eli has a line something to the effect of "*It's not about the Daf, it's about the Yomi*".

For the DafYomi project it's good.

For sobriety it's not.

Being in recovery is made up of 2 things. #1 Today - of course!

#2 working a program. What's a 'program'? It varies from person to person.

If you work a program 3 days a week and that gives you long term success, that's the way to go.

If you have no real plan but you keep logging into gye 7 days a week or log "I didn't fall today YAY", that can oftentimes give zero long term results…

Make sense?

Keep on Trucking!

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Re: Ingeman with lot of Shame here
Posted by fishel klien - 04 Sep 2022 15:58

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bh 10 days clean

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Re: Ingeman with lot of Shame here
Posted by fishel klien - 04 Dec 2022 21:27

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32 days clean BH

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Re: Ingeman with lot of Shame here
Posted by Eerie - 04 Dec 2022 21:31

Wow! Keep it up! Where do you have the amazing power to keep going after what you've been through?

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