

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

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Hello guys

I presented myself to the other forum and here I wanted to tell you what I think and what I go through

I fell 3 days ago and I am very discouraged and now I think about the pictures and the porn and sometimes I have 'wet dreams', it's even more frustrating to me

In the street very difficult for me and I do'nt want to fall

Guys anyone here has an answer to what should really keep the brit? this interested

Every time I get up I fall and discouraging

Hope I will not fall, because every second I feel Stimulation

Guys I admit my English is not so good

I still hope will ce'zuk you and I will also receive cez'ukim Hope you understand me

Thanks you very much

sababa

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Re: i fell and need to begin

Posted by JackAbbey - 15 Aug 2011 10:55

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lets not allow him entrance at all, if the cage is open the lion will come out and attack, so lets keep that cage door shut, lets remmember, this is the challange hashem want us to accomplish, otherwise we wouldnt have them, lets go thru it together, we will make it.

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Re: i fell and need to begin

Posted by mechazek - 15 Aug 2011 18:09

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sabab my dear freind yes it can be done you just keep yourself open and keep on writing what is going on with you that is a great step.What can you learn from this fall?what do you think you can do different next time?

Your yetzer harah is teelling you,zeh anie anie chayav aval zeh sheker v'chazav,because really you obviously dont want this and that is why you are here.what do you think?

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Re: i fell and need to begin

Posted by sababa - 17 Aug 2011 10:33

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I hope to stop.

I understand - there is no such thing as falling

After every fall get up! And you're going and manage to get up

Also if you're fall-not terrible. Have to get up not to despair

That's what I understood from the fall

Good luck my brothers! You can

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Re: i fell and need to begin

Posted by mechazek - 17 Aug 2011 10:37

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yes such true words.like someone once said falling is only if you are going up you fall down but when you are walking straight you dont fall only stop and then continue going.

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Re: i fell and need to begin

Posted by sababa - 21 Aug 2011 08:41

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My brothers

I was now ?? site's not nice -with Women's

I want to masterbate?What to do?

Thanks

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Re: i fell and need to begin

Posted by mechazek - 21 Aug 2011 15:22

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hi sababa nice to hear from you. Maybe go do something that takes energy like play some ball or go running or beat up your younger brother.

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Re: i fell and need to begin

Posted by obormottel - 21 Aug 2011 17:09

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Go with the brother beating - this way you need not get out of the house

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Re: i fell and need to begin

Posted by mechazek - 21 Aug 2011 19:45

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and you might keep him out of trouble to.

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Re: i fell and need to begin

Posted by sababa - 28 Aug 2011 10:59

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I fell Now

What to do this very very hard!

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Re: i fell and need to begin

Posted by mechazek - 28 Aug 2011 11:31

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Hi sababa nice to see you are back.My heart is with you.

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Re: i fell and need to begin

Posted by sababa - 28 Aug 2011 14:20

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Thank you my brother

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Re: i fell and need to begin

Posted by Yossi.L. - 28 Aug 2011 18:28

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Sababa- try to clearly experience the feeling of helplessness you feel in these moments of weakness. Realize how completely powerless you are to your desire. You are on a website screaming out for help but yet you still are powerless to your temptations. Experience this honesty vividly. Its the pit of emptiness. Allow this feeling of powerlessness to be your guide in allowing you to realize that you need help. You've taken step one by reaching out, now take step two and truly give yourself over to this site and the people who can guide you towards recovery. And then recovery will begin. Give yourself over now!!!! You are not smarter then your addiction, **YOU NEED HELP!**

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Re: i fell and need to begin

Posted by sababa - 28 Aug 2011 18:43

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Thanks Yossi

But it's very hard for me, and it disappoints me

I do not know what to do

Thanks brothers

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Re: i fell and need to begin

Posted by Yossi.L. - 28 Aug 2011 19:31

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Of course you do not know what to do; and of course its very hard for you. That's what all of us are here for. There's no easy way out. There's no quick solution. It's the fight of your life. You've taken step 1: that is to realize that you have an addiction. You've even had the courage to reach out for help. Now have the courage to accept the help, and follow it even though your desires are overwhelming.

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