

New kid on da block !

Posted by Loyal Jew - 01 Oct 2013 21:55

Hey everybody - Those that welcomed me so nicely ,

Thank You !It looks like we all are in the same boat relatively ..

I'm the new kid on the block ,so I'm not really sure where to begin

Do I speak about myself ,or my issue ,how much of my issue ..Do people get very into details??E.T.C-

If someone can give me direction ,that would be great !

Thanks !

Loyal !

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Re: New kid on da block !

Posted by cordnoy - 01 Oct 2013 22:07

look around the site

look at other threads...especially the beginning of them, where people spell out their issues.

it is difficult to help someone when his issues are unknown.

b'hatzlachah

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Re: New kid on da block !

Posted by Pidaini - 01 Oct 2013 23:17

How about starting with general terms of your issue, is it porn, masturbation, both? is it SSA (same sex attraction)?

How long have you been struggling?

What have you done to try and stop?

Are you married?

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Re: New kid on da block !

Posted by tryingtoshteig - 01 Oct 2013 23:24

Speak your heart out. There is no specific form to fill out. The more you share, the more you stand to gain. None of us are professional therapists here, just other frum yidden who have been through similar experiences.

Some things you might consider sharing (again don't feel pressured, share whatever you are comfortable with):

How old are you?

Are you married?

Do you have kids?

When did you start having a problem with lust?

Was there some specific event or trigger that started things off?

How long has this been going on?

If you are married, does your wife know about your problem?

Is there anyone else who knows about your problem?

Did you ever have a time that you managed to stay clean for some period of time?

What specific types of acting out have you done?

What triggers do you have?

Do you have any strategies that have worked for you to avoid lust?

Do you have any strategies that haven't worked for you?

How/Why did you decide to join GYE?

Just some ideas to get the ball rolling, but tell us whatever comes to mind...

Hatzlacha!

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