

No way out

Posted by breakdancer - 28 May 2015 00:06

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i am now 25 and I have been looking at inappropriate things and masturbating since I was 14. I am extremely horny. I have tried everything to stop including praying a lot to Hashem. I see Hashem everywhere giving me messages, that's how close I am with Hashem. I want to stop and I know he wants me stop. I cry everyday about it. I am getting married soon. My fiancé knows the situation and is very understanding. Unfortunately the fact that I'm getting married doesn't help either.

Im seeking deep into depression and

Nothing helps!!!

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Re: No way out

Posted by serenity - 28 May 2015 03:18

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Welcome to GYE! Many of us have been in your position and have found solutions. Not everyone suffers for the same reasons and different solutions work for different people. When you sign up for GYE it starts you off with a recovery check list. Implement all of those tools and see how it goes from there.

Hatzlacha!

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Re: No way out

Posted by TalmidChaim - 28 May 2015 14:15

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Welcome! I agree, of course, with Serenity. Don't be overwhelmed by the amount of information and options here. The first thing to do is simply hang out here whenever you have the chance. Do it casually, relaxed. You're among friends. Stress can really exacerbate things, as you might know. There's no wrong way to use the site, just use it.

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Re: No way out

Posted by gibbor120 - 28 May 2015 16:19

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WELCOME! Your story is very familiar. Your are in the right place. Check out the handbook. Check out "dov quotes" and other links in my signature. Many people have been in your situation (or worse) and are sober today. NEVER EVER GIVE UP!

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