

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by MayanHamisgaber - 23 Feb 2018 00:59

Found it click [here](#)

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Re: My sorry state...

Posted by Markz - 23 Feb 2018 02:00

[MayanHamisgaber wrote on 23 Feb 2018 00:59:](#)

Found it click [here](#)

Reminds me of a song

Here an oink there an oink.

Old McDonald says "Make my farm great again"

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Re: My sorry state...

Posted by lifebound - 23 Feb 2018 02:26

[Markz wrote on 23 Feb 2018 02:00:](#)

[MayanHamisgaber wrote on 23 Feb 2018 00:59:](#)

Found it click [here](#)

Reminds me of a song

Here an oink there an oink.

Old McDonald says "Make my farm great again"

Drain the pigsty

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Re: My sorry state...

Posted by lifebound - 23 Feb 2018 03:19

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Re: My sorry state...

Posted by MayanHamisgaber - 23 Feb 2018 03:28

Start by texting/calling the good fellows here and you will see how quickly things develop

you might be surprised

(don't worry about how to start this just express an interest and they will let you know how to contact them)

good luck

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Re: My sorry state...

Posted by lifebound - 23 Feb 2018 03:42

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Re: My sorry state...

Posted by danann@ - 23 Feb 2018 04:54

here a vid that explains it well about being connected people how it helps SA and other addictions gye.vids.io/videos/7c9bd1be1915eac5f4/04-everything-we-think-we-know-about-addiction-is-wrong

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Re: My sorry state...

Posted by lifebound - 23 Feb 2018 05:22

[danann@ wrote on 23 Feb 2018 04:54:](#)

here a vid that explains it well about being connected people how it helps SA and other addictions gye.vids.io/videos/7c9bd1be1915eac5f4/04-everything-we-think-we-know-about-addiction-is-wrong

is-wrong

thats a great video, thanks for posting it

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Re: My sorry state...

Posted by OivedElokim - 25 Feb 2018 03:58

Thanks alot to Lifebound for his articulate expression of what many of us feel...

I would suggest that perhaps this is the meaning of Chazal's instruction ???? ?? ???...

Although i think that opening up to "real-life" friends might be more effective then anonymous ones...

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Re: My sorry state...

Posted by lifebound - 25 Feb 2018 04:08

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Re: My sorry state...

Posted by danann@ - 25 Feb 2018 04:16

especially experienced members of gye to talk over the phone or texting them, and eventually meeting them i think is best, and make them your "real life" friends to open up to, because not always (which is most cases i think) your real life friends not from gye are equipped and understanding of are situation. hazlacha on the path hashem puts you on:)

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Re: My sorry state...

Posted by lifebound - 06 Mar 2018 07:58

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Re: My sorry state...

Posted by ieeyc - 06 Mar 2018 08:39

Keep it up,there is no Navi who could tell usYOUR GONNA FALL,your building up your muscles every day ,hour, minute etc.your lust is thrashing in death throes,your accomplishing ALOT !and a lot of us are watching you and getting hope that we too can get off the ground ,hatzlacha!

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Re: My sorry state...

Posted by Hashem Help Me - 06 Mar 2018 12:07

The "pressure" although intense, is imagined. It took me a long time to realize this. It comes from the false belief that i am going to eventually have to masturbate anyway. Why "fight" if anyways you are eventually going to lose? But in truth there is no actual physical NEED to ejaculate. Once a person REALLY believes that, the pressure diminishes tremendously. Secondly, 23 days is in the middle of when withdrawal hits. Your body/subconscious crave the "drug". Replace it with something kosher and healthy. For me, that was exercise. You owe it to yourself to either exercise or find some other release to get you over the next few days. You, as many before you have done, can do it with serenity. Although it is true that it is very helpful to address underlying issues, that is a process which takes time and work. Dont use the fact that "there are underlying issues that need to be resolved" as the excuse to act out. Of course start working on that, but in the meantime until you do, you most definitely can stay clean with Hashem at your side. May Hashem give you hatzlocha in both endeavors.

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Re: My sorry state...

Posted by HakolMilimala - 06 Mar 2018 13:59

Yes, 90 days by itself is a delay tactic.

but it can give you time to work on things. You write that you don't feel like you're working on the underlying issue, whatever that is. Well I think the first step to being able to work on it is to try and figure out what it is. So my suggestion is to do a lot of self thinking. When you get an urge, think right then, which feelings/thoughts are causing this.

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