

I've Been Clean For Many Years, Now What?!

Posted by Sky Is The Limit - 22 Jul 2018 19:46

Hi Gye'ers,

I've been clean for many years now. I loved strong feeling of growth that I felt as each clean day passed by. However as the years went by I started to go numb. I didn't feel anymore growth. I stopped seeing the addiction as an addiction. I even contemplated falling back into the dirt, just to feel the sense of growth by starting all over. I recently joined GYE after seeing an ad for it. When I first saw the ad, I thought "What do I need this for, I am a master at recovery?" That's when it hit me, If I'm a master at being clean then how can i grow anymore? I realized that I can grow by helping others become a master at being clean as well. And this is why I became a GYE member today.

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Re: I've Been Clean For Many Years, Now What?!

Posted by mzl - 22 Jul 2018 23:33

If you are truly a master you should be able to articulate how you did it in a compelling way.

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Re: I've Been Clean For Many Years, Now What?!

Posted by Sky Is The Limit - 23 Jul 2018 03:15

No Problem, I will be posting regularly over the next little while all about how I overcame the addiction.

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Re: I've Been Clean For Many Years, Now What?!

Posted by JoyOfLife - 23 Jul 2018 06:32

Thank you for not keeping all the wealth for yourself! I for one am looking forward to hearing what you have to say, thanks!

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Re: I've Been Clean For Many Years, Now What?!

Posted by littlebylittle - 26 Jul 2018 16:42

Hi well done to you!! There are so many people that it's hard to Take the first step and then the next etc... the days turn to weeks and the weeks to months and then to years.... but forgive me it's sad the way you put it that you don't c growth... There are soooo many ways to grow!! How about brachos before and after.... lashan hara, kibud av vem.... nivul peh growth isn't measured after few months.... but only after a few years!! So well done ... but to grow there are so many other things we can all work on!

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Re: I've Been Clean For Many Years, Now What?!

Posted by Sky Is The Limit - 03 Aug 2018 00:07

Hey everybody, I was just looking into supplements that can help people with porn addiction. Has anyone had any experience with them?

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Re: I've Been Clean For Many Years, Now What?!

Posted by mzl - 03 Aug 2018 00:11

[Sky Is The Limit wrote on 03 Aug 2018 00:07:](#)

Hey everybody, I was just looking into supplements that can help people with porn addiction. Has anyone had any experience with them?

Never heard of it. Like a medicine?

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Re: I've Been Clean For Many Years, Now What?!

Posted by cordnoy - 03 Aug 2018 00:36

[Sky Is The Limit wrote on 03 Aug 2018 00:07:](#)

Hey everybody, I was just looking into supplements that can help people with porn addiction. Has anyone had any experience with them?

Yes.

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Re: I've Been Clean For Many Years, Now What?!

Posted by Sky Is The Limit - 03 Aug 2018 00:57

So this is a list of herbal medicines that are supposed to lower the libido in a male. The only one I can tell you I used when I was quitting Porn was Valerian. However I took it for other reasons. But hey?! maybe its what helped me make my way through the addiction, lol

Rehmannia

Ligistrum and Skullcap

Hops and Valerian

Chasteberry

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Re: I've Been Clean For Many Years, Now What?!

Posted by Sky Is The Limit - 03 Aug 2018 00:59

Guys, let me know of any supplements or medicines that you find helpful to fight off porn addiction, I am really curious about this.

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Re: I've Been Clean For Many Years, Now What?!

Posted by cordnoy - 03 Aug 2018 01:08

I have supplemented many thin's for my porn addiction. I tried learnin', sports, game playin', meetin's, prayin', book readin'. Each one by itself did not work the greatest.

However, as a cumulative effort, I found that there ain't no greater supplement than livin' life. It's been workin' for quite some time.

On another note, I think my first post on gye (some 10,981 posts ago) was lookin' for a supplement that I can spike my wife's diet coke with that perhaps would increase her libido. There were some ups in this time span, but basically holdin' the same place, except I ain't lookin' any longer.

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Re: I've Been Clean For Many Years, Now What?!

Posted by mzl - 03 Aug 2018 01:10

[Sky Is The Limit wrote on 03 Aug 2018 00:59:](#)

Guys, let me know of any supplements or medicines that you find helpful to fight off porn addiction, I am really curious about this.

I know a psychological way to achieve the same thing. Shoot me an email if you don't find a supplement that works for you.

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Re: I've Been Clean For Many Years, Now What?!

Posted by farblunjet - 22 Aug 2018 04:56

No Problem, I will be posting regularly over the next little while all about how I overcame the addiction.

Thanks for bringing this concern to my attention!

looking forward to hearing your insights

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Re: I've Been Clean For Many Years, Now What?!

Posted by farblunjet - 22 Aug 2018 05:05

i think i've experienced something similar. I'm not 'clean' in a real way, but i've definitely gotten over **A** hurdle. I've gone 1-2 weeks a few times recently when previously I couldn't go for a more than a few days,

But i'm not more happier because of it. I guess i'm still dependent on this drug. I haven't gone 90 days. I don't really enjoy doing it as i used to, it's more of a urge to just get it done and then I feel a little better.

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Re: I've Been Clean For Many Years, Now What?!

Posted by Hashem Help Me - 22 Aug 2018 13:58

at two weeks, withdrawal sets in. push through another week with exercise etc, and iyh you will find it easier

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