

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

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So i dont know where to start, from my childhood years? bucher years? now? so i guess ill start and we'll see what happens,

I've struggeld in these areas since i was a kid, not knowing at the time that it was problematic behavior, and as i grew so did my natural curiosity.

I discovered m\*\*\*\* accidentally, not knowing what i was doing, i quickly got hooked cuz it felt good..... and the rest is history. Then i found out (probably from so sfarim or kunteisim) that it was a major league issur, and thats when the guilt set in. I felt bad, ( READ: terrible) about it but couldnt bring my self to talk to anyone about it. Then i was off to E'Y and the real fun starts, but before that i must say that i still had no idea what p\*\*n was or that it even existed!!! I had some friends with smartphones, i did not have one B'H, but we would hang out together, just some movies and sports, at one point my friend rented a smartphone and was going back to the states so i told him to give it to me and i will return it, bad move, i had it for about a week, worst week of my life, stayed up for days, (and nights....) was all over the place, i think that was my first major exposure, all the while still m\*\*\*\*\* daily, came back home after 2 years B'H got engaged and married to my most wonderful wife, i thought that m\*\*\*\*\* would be a thing of the past but boy was i wrong, but i must say that it was and still is much less frequent, but an issue non the less, i didnt tell my wife anything including that i bought phones a couple of times just to watch p\*\*\* for 45 min, get so disgusted with myself feel like a traitor and piece of trash, break the phone and my heart, this did not happen only once..... which would usually lead to m\*\*\*\*\*; i would try to work on myself but had no direction, fall, feel bad, and forget about it. This went on for 3 years, the pent up quilt and loneliness was unbearable, i got very anxious and moody which impacted my ability to connect with my wife. Until i joined GYE, was on for 2 days and i made up my mind that i cant do this on my own, so i told my wife (not everything...) very tactfully, and TYH she really really understood me, cried with me, and respected me for telling her, and i am very very very thank full for that, was on GYE did the F2F had 17 days clean and was feeling much better, Until.....

So yesterday i was in the office alone and it was game over for me, p&m, thats why i decided to type this up so you can share my grief and frustration. I need a hug and a kick in the rear..... if you have one to offer please let me know!!!

?I would love to hear from somebody with a similar experience!!!

KOMMT!! ( **K** **e** **e** **p** **O** **n** **M** **e** **g** **a** **M** **o** **n** **s** **t** **e** **r** **T** **r** **u** **c** **k** **i** **n** **g** )

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 27 Dec 2023 15:24

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[Heeling wrote on 26 Dec 2023 22:13:](#)

Expectation is the mother of frustration.

Tell me about it.....

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 27 Dec 2023 20:54

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Today was a good day!!!

I was distracted and distracted my self, which helps me a lot.

I want tomorrow to be a good day too.

I will try hard to make it a good day tomorrow.

How?

I will fill my mind with positive thoughts.

I will try to keep busy.

I will keep the goal in mind. (90 days)

?I will say TYH as many times as i remember.

#ISWGYE

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Re: HERE WE GO - AGAIN.....

Posted by chancy - 27 Dec 2023 21:15

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[iyh2023 wrote on 27 Dec 2023 15:24:](#)

[Heeling wrote on 26 Dec 2023 22:13:](#)

Expectation is the mother of frustration.

Tell me about it.....

IYH,

I agree with you that filters arent the solution to our problems, i wish it was.

However, Ive seen many guys stay stuck in this thought pattern which i know is a trick of the YH to keep us open and vulnerable to his manipulation.

Its True that filters arent our only problem! But its just as true that without filters there is a very small chance of moving forward int this battle.

Look at it this way, If you were learning how to drive and someone told you that your tires are terribly worn out and you have no traction, you can splip out of control any second, would you answer that guy "well, that is not my biggest problem, what if someone comes into my lane? what if my eyes get distracted and i crash into a tree? fixing my tires is not the solution"..... Would you say that? no! because you understand that its futile to learn how to drive or to continue driving when you have no tires.....

Having a filter is not the solution, but it gives you the tires to get where you want to get to, it gives ou time, it gives you space, it gives you air!

You do not need to listen to me, maybe you know better, Im just sharing my experience and advice. Take it or leave it.

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 28 Dec 2023 15:37

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[chancy wrote on 27 Dec 2023 21:15:](#)

[iyh2023 wrote on 27 Dec 2023 15:24:](#)

[Heeling wrote on 26 Dec 2023 22:13:](#)

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gives ou time, it gives you space, it gives you air!

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Dont get me wrong, i'm a firm believer in filters, what i'm saying is that its not a "fix".

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 03 Jan 2024 17:24

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Mariam Websters word of the day: OISH

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Re: HERE WE GO - AGAIN.....

Posted by bright - 03 Jan 2024 20:34

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synonym with vey

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Re: HERE WE GO - AGAIN.....

Posted by Heeling - 03 Jan 2024 20:42

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[iyh2023 wrote on 03 Jan 2024 17:24:](#)

Mariam Websters word of the day: OISH

That sucks...I'm sorry.

(BTW Mariam Websters dictionary doesn't have the word Oish)

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 03 Jan 2024 20:51

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[Heeling wrote on 03 Jan 2024 20:42:](#)

[iyh2023 wrote on 03 Jan 2024 17:24:](#)

Mariam Websters word of the day: OISH

That sucks...I'm sorry.

(BTW Mariam Websters dictionary doesn't have the word Oish)

Sheesh....

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 10 Jan 2024 20:06

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Some times its cold, and some times its hot,

Some times its light, and some times not.

This world is a book, of many pages,

Where everyone traverses, many stages.

Some of them are cold, dark and gray,

When its hard to find the spark, the light, the ray.

Treading hot water, about to go under,

?Amidst rainstorms and gray clouds, lightning and thunder.

Watching other ships, sail with great ease,

While our hopes and dreams, vanish in the breeze.

Its at this moment, that we must give heed,

to the little spark, the thirsty seed.

That resides in each of us, ready to grow,

Given the proper nutrients, it will shine and glow.

Like a "new book scent", its pages unbent,

You can reach great heights, even from the lowest descent.

Set your eyes on the prize, it is within your reach,

You can do it, no matter what they preach.

The day will come, when everything will "shtim",

When we accept, that everything is from Him.

The light at the end is shining bright,  
?Turn your boat around, and set your self right.

This aint the final scene, the curtain wont drop,  
The act isnt up, do not stop.

Let the sun shine, greet the light with an open heart,  
Youre a good person, its never to late to start!!!!

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Re: HERE WE GO - AGAIN.....  
Posted by iyh2023 - 22 Feb 2024 15:36

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Does any one know how to get to the GYE+ videos, when i try, it says i have to log in, even though i already am?

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Re: HERE WE GO - AGAIN.....  
Posted by ainshumyeiush - 22 Feb 2024 16:10

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[iyh2023 wrote on 22 Feb 2024 15:36:](#)

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log in again. Same thing happens to me

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Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 22 Feb 2024 16:17

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I tried multiple times and i get this: Content locked, To unlock you'll need to log in

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Re: HERE WE GO - AGAIN.....

Posted by Heeling - 22 Feb 2024 16:19

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[ainshumyeiush wrote on 22 Feb 2024 16:10:](#)

[iyh2023 wrote on 22 Feb 2024 15:36:](#)

Does any one know how to get to the GYE+ videos, when i try, it says i have to log in, even though i already am?

log in again. Same thing happens to me

Login with your regular GYE email and password even though you are logged into the regular GYE.

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Re: HERE WE GO - AGAIN.....

Posted by yitzchokm - 22 Feb 2024 16:36

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If the advice posted doesn't work, send an email to GYE and they will fix it for you.

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