

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

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 true_self - 28 Nov 2023 21:46

[iyh2023 wrote on 28 Nov 2023 18:51:](#)

So I just wrote up a whole long monologue, it took me all morning with plenty of breaks
) , i hit SUBMIT and *poof* it was gone....

oh well thats life, i dont have the energy to retype it so please excuse me.

Be strong, Be brave, and Be well!!

~~(interruptions~~
That's a life lesson, have had that many times until I learnt to highlight the text and
click ctrl+c before hitting submit if I took a break.

Sadly it has cost me a few nice posts until I learnt on the job, but that life.

KUYGW!

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

Posted by iyh2023 - 28 Nov 2023 21:47

Leaving the office now, was just wondering why some days are so hard and some days are so
easy, i cant seem to figure him (me) out, if you can please help me understand me!!

So long felas its been a day!!!

See you all tomorrow Bez'h!

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

Posted by iyh2023 - 28 Nov 2023 21:50

[true_self wrote on 28 Nov 2023 21:46:](#)

That's a be nisayon of anger, have had that many times until I learnt to highlight the text and click ctrl+c before hitting submit if I took a break.

Sadly it has cost me a few nice posts until I learnt on the job, but that life.

KUYGW!

So its an issue with the system?

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

Posted by true_self - 28 Nov 2023 21:53

[iyh2023 wrote on 28 Nov 2023 21:50:](#)

[true_self wrote on 28 Nov 2023 21:46:](#)

That's a be nisayon of anger, have had that many times until I learnt to highlight the text and click ctrl+c before hitting submit if I took a break.

Sadly it has cost me a few nice posts until I learnt on the job, but that life.

KUYGW!

So its an issue with the system?

Yes boy! No need to feel guilty.

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

Posted by iyh2023 - 29 Nov 2023 16:32

Can we get the GYE team on this?

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

Posted by Heeling - 29 Nov 2023 18:23

[iyh2023 wrote on 29 Nov 2023 16:32:](#)

Can we get the GYE team on this?

You can try putting in a ticket...

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

Posted by iyh2023 - 29 Nov 2023 18:45

How do i do that?

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

Posted by iyh2023 - 30 Nov 2023 17:36

Onto day 15 again!!

Im trying to think of the significance of the number 15 from a Torah point of view, im not such a talmid chochom so i need some help!

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

Posted by iyh2023 - 30 Nov 2023 20:43

Hey all fellow bored fellows, since i am a bored fellow right now, i did some research online now instead of shooting myself in the leg, and this is what i found:

Google search: What is the number one reason for divorce.

- **Lack of commitment: 75%!!!**
- **Infidelity: 60%!!!**
- Too much conflict and arguing: 58%
- Getting married too young: 45%
- Financial problems: 37%
- Substance abuse: 35%
- Domestic violence: 24%
- Lack of support from family: 18%

And this is the world we live in, where 60% of married people **can not stick to there spouse!!!** Any one alive today that can manage to stick to there spouse is literally **one in a million!!!** Why we were put in this environment i cant tell you cuz i'm not g-d, but all i can tell you is that the navy SEALs are sent on the most dangerous missions.....

Have fun and stay safe!!!!

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

Posted by iyh2023 - 01 Dec 2023 16:34

I wont go into detail over here, but Hashem is awesome!!! Nothing short of it!!!

You can get there, you will get there if you try, dont stop or settle for less, you can be millionaire, no jokes!!

“One day or day one. You decide.”

Just do it!!

Good Shabbos and good life!!!!

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

Posted by iyh2023 - 01 Dec 2023 16:35

“If everything seems to be under control, you’re not going fast enough.”

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

Posted by iyh2023 - 01 Dec 2023 16:58

Just for fun im going to post some quotes L'kavod Shabbos.

“Always be careful when you follow the masses. Sometimes the “m” is silent.”

“If you fall?I’ll be there.” ?Floor

“When Plan A doesn’t work, don’t worry, you still have 25 more letters to go through.”

“The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us.”

“People often say that motivation doesn’t last. Well, neither does bathing — that’s why we recommend it daily.”

“You can’t have everything. Where would you put it?”

"The elevator to success is out of order. You'll have to use the stairs...one step at a time."

"Do not take life too seriously. You will never get out of it alive."

“When life gives you lemons, you should make lemonade and then try to find someone whose life has given them vodka, and have a party.”

"It's okay to look at the past and the future. Just don't stare."

“You must learn from the mistakes of others. You can’t possibly live long enough to make them all yourself.”

“Don’t worry about the world coming to an end today. It’s already tomorrow in Australia.”

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

Posted by Heeling - 03 Dec 2023 03:07

Hey,

How was your Shabbos? Just reread this thread from the beginning. Lots of amazing things going on. Keep it up.

I can relate a lot to your struggles, as well as having the support from my wife.

But as human being I still struggle but I will IYH never give up. Anyway, you can read my thread on the BB forum if you want to learn from some of my mistakes [and successes].

Wishing you best of luck,

Keep up your amazing spirit and keep on posting and connecting.

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

Posted by bright - 03 Dec 2023 07:40

I would say successes (and mistakes)

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