

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 - 07 Dec 2023 17:52

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Musser accepted....

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

Posted by true\_self - 07 Dec 2023 21:52

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[iyh2023 wrote on 07 Dec 2023 17:00:](#)

Hello everyone, day 23, Hurray for me!!!!

So it seems that B'H my turbo kicked in again, and i think its cuz i got back in touch with my self, and had some honest round table with my self (awkward, but dont worry i did it in private!), just being in tune with whats going on in side your brain can be very helpfull.

Another thing that i feel is a big one for me, is that **i am to hard on my self**, i actually had a discussion with my other half about this, and she is totally on target. Dont be mean to others and just as important, dont be mean to your self!! Pat your self on the back and think thoughts that make you feel good that you are you and you like you and you enjoy spending time with you!!!

YOU are awesome!!!

Welcome to the club! Good to have another member.

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

Posted by bright - 08 Dec 2023 01:37

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[iyh2023 wrote on 07 Dec 2023 17:00:](#)

Hello everyone, day 23, Hurray for me!!!!

So it seems that B'H my turbo kicked in again, and i think its cuz i got back in touch with my self, and had some honest round table with my self (awkward, but dont worry i did it in private!), just being in tune with whats going on in side your brain can be very helpfull.

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YOU are awesome!!!

Really like that! I also am very hard on myself.... Its rough, but you can do it! Just keep on being mechazek yourself.

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

Posted by iyh2023 - 12 Dec 2023 15:37

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27 DAYS!!! OMG!! #TYH, i cant believe it!!

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

Posted by iyh2023 - 12 Dec 2023 19:33

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**Your brain is a very delicate place, here is a care list for proper shipping and handling:**

There are lots of deferent wires in there, dont mess with them unless you are properly trained.

For optimal use, make sure to recharge it fully, daily.

There is not warranty, do be careful.

In case of emergency call the costumer service line at: 1-646-GYE-6600.

Keep away from children.

For best results, use, rinse, and use again.

If tamper evident seal is broken, do not use, call costumer service and follow prompts.

If you have any more feel free to post!!!

Have a happy and Lechtiga Chanika!!!

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

Posted by iyh2023 - 13 Dec 2023 16:31

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Lesson of the day: If you feel an urge coming on, nip 'em in the bud or the b\*\*t.... whatever

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

Posted by iyh2023 - 19 Dec 2023 18:26

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Let it sink in and become part of you, second (or first) nature, automatic reactions, subconscious trains of thought, natural impulses, can all be changed. Time will heal, given the correct ingredients.

?I find myself chronically thinking about GYE, all day every day, and it gives me mixed feelings. On the one hand, its a positive, cuz my mind is occupied by kosher thoughts, but on the other hand, i now have **another** sugya that my mind is constantly busy with, i want to get to a place where my mind is clear and fresh like a breeze after a rain. No more racing thoughts and mixed emotions, no more occupiers in my mind, but a mind that is all mine and free to think.

Please Lmk if you have gone through this stage, and what worked for you.

Oh well, i will get there one day, one day at a time.

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

Posted by youknowwho - 19 Dec 2023 19:20

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Dear iyh2023,

What a great point, I can relate to this very much.

I sometimes find GYE takes up too much space in my mind and try to take a step back. It gets better as time goes by, you will find the right balance/boundaries, and sometimes I mess up with that too, but hey, it's certainly better to mess up with this than other things!

Cultivating and nurturing the special relationships we have made here *offline* is also an art, while it is a life saver and gamechanger, it takes up brainspace/time and is a work in progress for me. Ultimately, we aren't perfect and there's always room for tweaking things to better suit our needs.

I think our friend connected has some wise words to say about this, see his post from earlier today.

(He's either on the phone (*finally!*), or still stuck in the Cande Shoppe...)

Take it easy!

-Youknowwho

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

Posted by Heeling - 19 Dec 2023 19:50

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Those thoughts sound very familiar.... Theres one thought that I have that you didnt mention - what will I think about when my mind will be all mine and free to think?

I'm not even sure what free to think means....?!

I tell myself that When I was (am) thinking about inappropriate vids/pics/live *things* I've seen, I was thinking to myself I want to think about GYE, Vayimaen etc. but then hey I'm thinking why to much about GYE. But *L'masah* who says that that is in issue? What will I think about when I stop thinking about GYE or what will I think about when my mind will be free to think?

I don't know, I'll eight be thinking about where I came from (inappropriate vids/pics/live *things*) or I'll be dead.

Anyways, keep on thinking and growing

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

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Posted by iyh2023 - 19 Dec 2023 21:01

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[Heeling wrote on 19 Dec 2023 19:50:](#)

I'm not even sure what free to think means....?!

I just said it cuz it sounds poetic... just kidding, i mean that WHEN i think it should be thunk  
freely and lucid!!

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

Posted by foolie - 19 Dec 2023 21:06

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[iyh2023 wrote on 19 Dec 2023 21:01:](#)

[Heeling wrote on 19 Dec 2023 19:50:](#)

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freely and lucid!!

If you want to thunk freely and lucid,

buy an axe and swing at a tree while not doing drugs

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

Posted by iyh2023 - 19 Dec 2023 21:11

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[foolie wrote on 19 Dec 2023 21:06:](#)

[iyh2023 wrote on 19 Dec 2023 21:01:](#)

[Heeling wrote on 19 Dec 2023 19:50:](#)

I'm not even sure what free to think means....?!

I just said it cuz it sounds poetic... just kidding, i mean that WHEN i think it should be thunk freely and lucid!!

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buy an axe and swing at a tree while not doing drugs

LOL, thanks R' Foolie for the good laugh!! although im not quite sure what your trying to point out, even though im not doing drugs....

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

Posted by foolie - 19 Dec 2023 21:19

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was pointing out to be lucid one shouldn't be doing drugs otherwise when they thunk it may be

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freely but certainly not lucid

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

Posted by iyh2023 - 19 Dec 2023 21:28

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[foolie wrote on 19 Dec 2023 21:19:](#)

was pointing out to be lucid one shouldn't be doing drugs otherwise when they thunk it may be freely but certainly not lucid

Great point, another tip is, to be lucid you should try to avoid stubbing your pinky toe.....

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