

new guy

Posted by halacha - 25 Jul 2009 19:24

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hi everyone i found this site a few weeks ago and i must say i'm impressed with the sincerity and chizuk. i've been struggling with this for 10 years, i'm married with kids and work on the computer. when my wife caught me a year ago i promised to change my ways and even went to therapy. i made progress and installed filters and i've been clean for a while but it's so hard. i was afraid to post here, but lately i've been feeling weak and vulnerable so i decided to make the jump. i've read some of the handbooks and hope to read more. i understand this is an addiction and all, i wish it wouldn't be so hard. once i start to slip, the insanity sets in and the worst is that you feel it's over, you sinned, what the heck. and as you slip it gets harder and harder to stop the slide, it becomes more and more overpowering. i am trying to let go and let g-d, davneing to hashem - but i feel powerless against this disease sometimes. i have a wonderful wife and kids, and i have so much to lose if i fall again, and i have so much to gain if i stay clean but the maddest thing about this disease is that when the insanity sets in, you feel like without giving in you have nothing in life. all you have in life feels worthless, all you want is to give in and lose yourself in the drug. are there any long-term solutions to this crazy illness? is there anything a person can do once they start to slide and feel so desperate that they know they are jumping into fire and want to do it anyway?

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Re: new guy

Posted by the.guard - 25 Jul 2009 19:36

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Hey GYEW, welcome to the "**Club of Losers (against lust) who post about their WINNINGS**".

Yes, most of us here are ill, we cannot win against lust. The best long term strategy is not to fight the lust head on, as I'm sure you saw in the handbooks. Once the insanity sets in, it is often too late. I don't know if there is any real long term solution to this illness, but it seems that the 12-Step program holds a lot of promise for "losers against lust" like us. People who join these groups often get a list of sponsors and partners that they can call when they feel like they have started to slip. And the 12-Steps give us the tools to deal properly with this disease. I suggest you join Chaim Duvid's free, 12-Step phone conference. Also, are you signed up to the daily chizuk e-mails? This is very important.

I am sure many of the other great warriors will have lots of good Chizuk to offer you. Keep posting here. You have come home!

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Re: new guy  
Posted by jerusalemsexaddict - 25 Jul 2009 19:50

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Welcome Rabbeinu GYE yid,

you should know that you are far from being alone in describing those symptoms of addiction. many people have sunk into this addiction and other addictions and it always feels overwhelming. thank Hashem many great methods have been found to break the addictions, and you will be among the many to escape iy'h. Read through the vast material on this site and you will find what works for you best. we must understand the insanity, where it comes from, the koach that pushes it, and so forth. in a short time, i know you'll be back on your feet, with G-d's

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Re: new guy  
Posted by halacha - 25 Jul 2009 20:21

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Thanks Uri - I've been reading your thread and you are very inspiring to me! you're really trying hard, I'm sure Hashem has a lot of nachas from you. i'll hold your hand and you'll hold mine and guard's everyone else here. we'll do this together. the pasuk says 'vayichan yisrael neged hahar' - the noam elimelech says that when yidden get together be-achdus, they can succeed 'neged hahar' - against the yetzer hara!

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help, all the best. keep posting  
Re: new guy  
Posted by Noorah BAmram - 26 Jul 2009 03:03

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Shalom aliechem my yedid nefesh who goes by the Holy name GYE Jew,

U took a tremendous step in the path of long term sobriety to begin posting here. I'm sure it took courage I know that for me it did despite the fact that its done anonymously!

All I have to offer is my "heart" it is with your pain that is SHOUTING out between the lines!!

Some of us who have been where u are can read between the line very well!!

We share what worked for us:

Here it goes 1-10

1. Get the strongest No nonsense filter!!
2. Get the strongest No nonsense filter!
3. Get the strongest No nonsense filter!
4. Get the strongest No nonsense filter!
5. Get the strongest No nonsense filter!

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) and u  
confided with me regarding your struggle, I promise you that you would go up in my eyes a  
thousand fold!!! So don't get down we all here agree in our sober and lucid moments (yes they  
)

That we are bigger and better because of the struggle! That we are growing from our battle!!

I think I speak for a lot of the holy chevra on the forum.

With the strongest virtual hug possible and with fiery LOVE!!

with the greatest respect for your courage

6.-10. Keep posting on GYE (stick with us buddy and u will go places

Noorah the smallest of the house of Amram

PS a lot of chizuk goes on behind the "scenes" with pm. Use it!!!

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Re: new guy  
Posted by kutan - 29 Jul 2009 03:44

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GYEJew, thanks for joining!

Its a funny thing here. People who need chizuk are inspired by ahavas yisroel to be mechazek others, and it becomes reflexive... they get chizuk from it... It all ends up that we each don't know how to swim, but together we seem to be able to do laps without stop.

Doesn't make sense?

In the corporate world they have discovered (i.e. those people who get paid the big bucks to create the right corporate culture so that the corp. can make even more profit) that  $1+1 = 3$  ... really!

And you'll discover it right here too.

So, thanks for joining and lending the extra hand.

kutan

berdichev, a jolly welcome, please...

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Re: new guy

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Posted by bardichev - 29 Jul 2009 04:01

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gye jew heiliger tzaddik

I am the on the welcoming commitee here

I was away from my desk as of late for personal reasons

WELCOME WELCOME

DO NOT TURN AROUND AND SEE HOW YOU ENDED UP HERE OR WHY U DID OR ACT AS WE SAY IN NEW YOIRK FUGGEDABOUTIT!!!!

you came to the right place!!

post away

stay long term it works

read bardichevs battle its funny and serious

read eeveryone its gevalldigggg

NOW GET WORKING COMRADE

YH IS BUSY AS A BEE

bardichev

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Re: new guy

Posted by me - 29 Jul 2009 11:03

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We share what worked for us:

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1. Get the strongest No nonsense filter!!
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3. Get the strongest No nonsense filter!

4. Get the strongest No nonsense filter!

5. Get the strongest No nonsense filter!

6.-10. Keep posting on GYE (stick with us buddy and u will go places

11. Don't get such a strongest No nonsense filter that filters out the GYE forum!

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