

im new to this website

Posted by andrewfreudenberger - 15 Nov 2011 04:29

hello to all the users of this site. i am 16 years old and im in the 11th grade. i love sports and hanging out with my friends.

none of that is relevant at all i just thought id share a little about myself. im new to this wbesite and im here because for about 11 months now i cannot control my sexual desires. im a frequent porn watcher and i pleasure myself. i hate that i do it and need to stop before i get even more out of hand, i just dont know how to.

so like im sure some of you guys can help me out and give me tips or a way how to control myself. i just dont want to be in too deep, i need to get out before its too late.

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Re: im new to this website

Posted by obormottel - 15 Nov 2011 17:15

Friend,

this website is great for combating the problem you're describing. Browse the main website, www.guardyoureyes.com, read some articles, perhaps get on a 90 day chart to help you and motivate you. This [here](#) is also good read to help you sort out what you need and what you don't in this stage of the game.

However, if I may offer you a word of caution (and if you want to take a word of caution from a sexaholic), here it is:

You are a teenager who watches porn and masturbates. Perhaps, this **forum** and other activities related to sex **addiction** is a weapon a bit too heavy to deal with your issue. It's like using artillery to swat a bee.

Additionaly, if you decide to post here, please don't divulge identifying details, like a last name. Not everyone is accepting of guys struggling with porn-viewing, and you may get in trouble. You don't want someone googling you for a prospective shidduch few years down the road, and coming up with this post, do you?

Wishing you great success, and with much appreciation of your honesty,

Mottel.

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Re: im new to this website

Posted by ninetydays - 15 Nov 2011 19:17

Hi Andrew -

I agree with obormottel. I do not know if that is your last name ebut if it is I suggest you create a new account and start posting through it. There are 1912 registered members on GYE and as far as I can tell noone uses their first and last name.

At 16 it is tought to be in this situation. Personally I did not fall into it until I was about 20.

You need to read the website to understand ways to fight it. There is the handbook, 12 steps, etc. But a powerful tool for you could be looking at what the road ahead looks like if you do not change. There are people on this site that are 50 and have been struggling for 34 years. That could be you in 34 if you do not take control.

Browse the site. Work on it. The fight it between you and yourself and you and yourself alone. However, depending on who wins it will have tremendous repercussions years down the line.

Hatlacha.

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Re: im new to this website

Posted by gibbor120 - 15 Nov 2011 21:14

Yes, stick around. The sooner you face this issue the better. There are people on this site that did not face their addiction for many more years than you have been alive. The sooner you address it the better.

Do you have anyone in your life that you can discuss this with? A parent, teacher, or another adult you trust. It may be embarrassing, but in the long run it will be well worth it.

I admire you for facing this so early in your life before it is totally out of hand.

Hatzlacha Rabba!

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Re: im new to this website

Posted by Hashem Yaasfeni - 15 Nov 2011 21:50

Wow I wish I could be in your place at 16 and have found a site like GYE many years ago to get out of it early on before it consumed me like many others here. Of course those days there was no web, but other ways to get a hold of the wrong stuff...

You should definitely change the name to anonymous one and good luck working on yourself. If you cant talk to someone you can at least Listen to the downloadable audio clips they are very helpful for me. another option is a helpline i believe GYE runs with volunteers where you dont have to give your name and just talk on the phone.

good luck

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