

First time posting and glad but apprehensive

Posted by have2changeNOW - 12 Jan 2012 00:14

Hello All, I'm glad, hopeful, and apprehensive to join the forum. I've been battling my porn, masturbation, (and beyond) addiction for many years.

I live the double life - a ba'al teshuva who seems great on the surface, but have that secret private double life that would cause huge embarrassment or much worse depending on exactly what I was "caught" doing. I recently heard about GYE mentioned by Rabbi Twerski during one of his shiurim, so it does feel good to take a positive action, some hishtadlus, in this direction.

I have gone to SA meetings, but feel different from the mostly non-Jewish/ non-frum crowd there, and actually didn't feel comfortable to wear my keepa there due to possible chillel Hashem. So knowing that I can be part of a group that we see reality the same, and we all somehow become stuck with this difficult affliction is comforting. I am apprehensive because I have tried many, many times to stop, but haven't been successful for any real length of time, even when I have restrained its really been 'white knuckling' the whole time. I feel like if this GYE can't help me what else is there?

Thank G-d I have optimism, and will see what comes next. look forward l"YH to positive growth with you all - my new secret chevra!

Thank you!

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Re: First time posting and glad but apprehensive

Posted by NeiroYair - 12 Jan 2012 04:59

I really can't believe all these people, like yourself, that actually acknowledged they had an issue and went "public" about it by going to SA meetings. I can't bring myself to even think at what point I personally would have to get to to go to a meeting like this. I have such admiration and pure respect for you. Thank you! Really.

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Re: First time posting and glad but apprehensive
Posted by gibbor120 - 12 Jan 2012 18:19

WELCOME Trying! It's great to have you with us. Check out this classic "dov quote". The famous "Captain Kirk" post.

www.guardyoureyes.org/forum/index.php?topic=4109.msg111973#msg111973

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Re: First time posting and glad but apprehensive
Posted by mechazek - 12 Jan 2012 22:26

welcome welcome keep on posting your thoughts I care for you and have been suffering for many years from this addiction.Come on and jump in to the pool of recovery.

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