

I am lost

Posted by לב נשבר - 23 Feb 2012 01:01

I am lost

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Re: I am lost

Posted by mggsbms - 12 Mar 2012 20:53

[?? ???? wrote on 12 Mar 2012 02:19:](#)

i had a few quite hard days ups and downs falls and ups. but from today i am starting again no porn no shmutz no masturbating nothing pried.

a great attitude indeed. a strong commitment could take you a long way

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Re: I am lost

Posted by לב נשבר - 12 Mar 2012 22:08

Thanks to all of you for the warm responds.

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Re: I am lost

Posted by geshertzarmeod - 12 Mar 2012 22:32

sorry Ive been off for a few days

how's it going?

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Re: I am lost

Posted by Eye.nonymous - 14 Mar 2012 16:19

Hello Lev Nishbar,

Welcome to the forum.

You might not have time to check out all the thread, but you should at least check out this page:

www.guardyoureyes.com/breakingfree/first-time-here

At the very least, download the GYE handbook and start reading through it, a little bit each day. That will give you lots of ideas for chizzuk, and lots of practical tools for this struggle.

Hatzlacha,

Elyah

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Re: I am lost

Posted by לב נשבר - 16 Mar 2012 01:59

thanks to all of you again i am coming on not to often but i have this site in mind very often and i hope one day to celebrate with all of you the breaking free celebration. one day at a time.

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Re: I am lost

Posted by Eye.nonymous - 16 Mar 2012 07:31

Did you download the GYE handbook?

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