

introduction

Posted by hopeful - 19 Mar 2013 18:49

hi im new here im17 and addicted to porn i want to break free HOW.....

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Re: introduction

Posted by Pidaini - 19 Mar 2013 19:36

Welcome!!

i would start by reading the GYE Handbook, it is very insightful, and will give you a feel of how addicted you are and what tools you can try.

and look around, share more about your struggles, and take it one day at a time.

Hatzlacha Rabbah!

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Re: introduction

Posted by hopeful - 19 Mar 2013 19:40

ive tried but its just not working i could real all i want when bain hazmanim rolls around it porn time

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Re: introduction

Posted by moish u.k. - 19 Mar 2013 19:46

I wish you hatslocho raboh.

Can you share more in detail about your struggles?

It would be helpful for us, but even more helpful for you.

Best regards,

Moish

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Re: introduction

Posted by hopefull - 19 Mar 2013 19:55

when i was 11 i was in florida for peasach and i chanced upon a book containing inapropete things. Ever since then things have been crazy. When i was 13 i was caught by my parents and stoped for about a year but in camp the next year i was realy bored and lonely and i turned to maturbation for an outlet.

I sat in the bathroom for ours lusting for pleasure . When i got home i got very close to having a sexual encounter . Thank g-d that didnt happen. But even now at 17 the lusts and deires have yet to go HELP.....

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Re: introduction

Posted by moish u.k. - 19 Mar 2013 20:29

[hopefull wrote:](#)

ive tried but its just not working i could real all i want when bain hazmanim rolls around it porn time

The GYE handbook isn't merely a book to read. It suggests taking actions.

Sorry to inform you, the desire to lust doesn't go away just because i want it to.

What actions from the GYE handbook can you take upon yourself?

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Re: introduction
Posted by hopefull - 19 Mar 2013 20:33

none really what do you think i should do

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Re: introduction
Posted by inastruggle - 19 Mar 2013 20:55

why dont you just try to stay clean for today and deal with tomorrow, tomorrow?

and you can stay clean for today by making aknas that you have to give to tzedakah if you fall.its only a day and u can always fall tomorrow without a knas.but you have to come back here tomorrow before you fall

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Re: introduction
Posted by hopefull - 19 Mar 2013 20:59

thank you for your thoughtfull advice but how do i stay clean TODAY even if i knas i could simply pay the knas and still watch?

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Re: introduction

Posted by inastruggle - 19 Mar 2013 21:01

not if the knas is big enough to keep you from doing it

may i suggest 100 dollars?

you can make it really big because its only for one day so it shouldnt be too hard to control

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Re: introduction

Posted by hopefull - 19 Mar 2013 21:02

ok but what about tomorow i cant keep the knas forever?

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Re: introduction

Posted by inastruggle - 19 Mar 2013 21:05

one day at a time

my rebbe actually told me this once you have a little bit then theres what to fight the yetzer harah with.this one day knas is just so that you can find out a little bit more about what gye has to offer and figure out what can work for you long term.

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Re: introduction

Posted by hopefull - 19 Mar 2013 21:08

.this one day knas is just so that you can find out a little bit more about what gye has to offer and figure out what can work for you long term.[/quote]

i dont understand how this will help me discover what gye has to offer:S

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Re: introduction

Posted by inastruggle - 19 Mar 2013 21:15

it will keep you from falling tonight

and therefore give you some breathing time to let you check gye out a little more.also the first kabbalah is usually one of the hardest so even if its temporary ull be getting into recovery mode.

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Re: introduction

Posted by tocontrolmyself - 19 Mar 2013 21:25

i once decided to say the whole tehillim every time i fell in the coming month!

i ended up saying the whole tehillim about 23 times that month,

boy was i 'holy' that month!

but im an addict and i turned to better things to keep me away(12 steps...)

all the best 'hopeful', smile to yourself things will improve.just stay open to everything you hear.if you want to have a less trash filled bein hazmanim one suggestion is to throw yourself into helping other people e.g ASK your parents vechulu what you could do to help.

BE PROACTIVE.its one way to get out of oneself which that is the cause of the whole lust craze.ALL THE BEST, KEEP IN TOUCH,AND KEEP TOUCHING BASE!!!!

SMILE!

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