

New member seeking help

Posted by newyorker94 - 29 May 2013 01:04

Hello. I am new here. Ive been trying to kick my addiction unsuccessfully for the past year. I have been watching porn for 4 years now, acting out for 3. Also, what makes all off this more complicated is that i am currently seeing a therapist for ssa. I am now reaching the end of my first year of study in israel and would have hoped that by now i would be able to stop this terrible and shameful addiction. But, the longest ive gone the whole year is 22 days, most recently 19. I am now 3 days sober and i just started using guard your eyes.

If anyone is like me, or has any good suggestions that worked for them with bad thoughts, please respond. And if you think youre alone or that things cant get even more complicated for you, what ive learned from this website is that we're all on the same boat, trying to survive. The problem is i feel like im drowning in this. Lately, however i have been devoting a lot of my focus towards yeshiva, and i b"h havent had any lingering bad thoughts since the night i messed uP, 3 nights ago. Eagerly awaiting any chizuk or support or even compassion, Newyorker94

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Re: New member seeking help

Posted by newyorker94 - 16 Sep 2016 03:22

2 years....

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Re: New member seeking help

Posted by newyorker94 - 16 Sep 2016 03:23

[Shlomo24 wrote on 02 Oct 2014 01:19:](#)

i just want 2 tell everyone a public service message. i started chatting with newyorker a couple days ago and eventually we kept up the comminication. everyone should know that he is an awesome guy and i haven't felt this positive about ssa ever since i began communicating with him.

YTC everyone (YES TOU CAN!)

2 years...

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Re: New member seeking help

Posted by Gevura Shebyesod - 16 Sep 2016 03:28

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Re: New member seeking help

Posted by Shlomo24 - 17 Sep 2016 22:39

By the way, me and him are very close. I consider him one of my closest friends. In real life also. I guess he's another reason that I'm grateful for GYE. I love you, bro. 2 years though... Pretty crazy. A LOT has happened since then.

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Welcome back!!