

Shalom from AviSim

Posted by AviSim - 05 Jun 2013 21:16

Shalom Aleichem. I wanted to take the first step by introducing myself and posting on the forum. My name is Avraham and I've struggled for about the last 18 years with looking at inappropriate images and acting out. Though I've had several periods where I was less active, such as some of the time I was in yeshiva, it has only been recently that I seriously considered changing my behavior.

I first discovered GYE several months ago and signed up for the daily chizuk emails, but had not yet resolved to join the community. I have been seeing a therapist for other issues, and recently brought up the matter of my acting out. We agreed that using a service, like GYE would be beneficial in my treatment.

I hope to be an active member of the community, and to, BE'H, overcome these behaviors.

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Re: Shalom from AviSim

Posted by zvi - 05 Jun 2013 21:45

Sholom Aleichem! Stick around!

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Re: Shalom from AviSim

Posted by ZemirosShabbos - 05 Jun 2013 21:52

Welcome!

Nice to have you aboard. i think you will gain from being here. please stick around and read the posts and the handbook and meet the special members of this community who are supportive, non-judgmental and warm.

wishing you much hatzlocha

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Re: Shalom from AviSim

Posted by gibbor120 - 05 Jun 2013 23:48

Welcome Avraham! It's nice to have you with us. Keep posting and let us know how you are doing.

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Re: Shalom from AviSim

Posted by Chachaman - 06 Jun 2013 01:04

I recommend reading the GYE handbook and making good use of this forum--maybe read through some of the 90 day threads and find out what's already been written and if it can apply to you.

What measures are you thinking of taking in your fight with this addiction? In my humble opinion, one of the most important things to do is to define your motivations in stopping--not just in negative terms, but also in positive terms (such as "my quality of life will improve", "I will address some long-term life issues", "I will grow closer to hashem", etc.). Otherwise, when you are feeling weak or are tempted, the Y"H is amazing at making people forget why they want to stop.

Yashir Koach on joining the forum!

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Re: Shalom from AviSim

Posted by yungerman83 - 06 Jun 2013 07:26

Welcome Avraham! You found the right place! We're behind you and rooting for you! Keep us posted on your progress!

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Re: Shalom from AviSim

Posted by some_guy - 06 Jun 2013 20:31

Hi Avraham,

Its good that you join the community. Friends who you can talk to helps a lot. Isolation stopped me from moving on for a while. If you ever want to message me I would be happy to help you.

--some_guy/Elias/Elihayu

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Re: Shalom from AviSim

Posted by AlexEliezer - 09 Jun 2013 18:31

Welcome!

Thanks for joining and sharing your journey with us.

Everyone who joins brings his perspective and his *kochos* to the forum.

So post away! And not just on your own thread. Give chizuk to others. It's part of getting better.

Hatzlocha!

Alex

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