I guess I have to start somewhere
Posted by ArrYeeH - 12 Sep 2013 04:29

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hi. I need help. I keep seeing that people use this forum on the emails and I've come to find help here myself. to get out of the isolation I guess. I can't keep doing this and even though it's become infrequent, I need to stop completely. please help me. anyone?

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Re: I guess I have to start somewhere
Posted by inastruggle - 12 Sep 2013 04:39

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What have you been doing so far?

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Re: I guess I have to start somewhere
Posted by tryingtoshteig - 12 Sep 2013 16:52

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Welcome, glad to have you with us! We are all in the same boat here.

Tell us a little about yourself, and we will go from there.

Hatzlacha!

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Re: I guess I have to start somewhere
Posted by gibbor120 - 12 Sep 2013 17:27

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WELCOME ArrYeeH! Nice to have you with us. Pull up a chair, make a lechayim. Read some, post some, and work some. You'll find your way around in no time. The handbook is a good place to start for ideas. There are also lots of great ideas, discussions, oh, and clowning around too on the forum. Make yourself at home.

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Re: I guess I have to start somewhere
Posted by moish u.k. - 12 Sep 2013 21:13

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Re: I guess I have to start somewhere
Posted by AlexEliezer - 12 Sep 2013 21:58

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Welcome!

Let's talk.
Welcome

Whats become less frequent, masturbation or lusting? Or am I way off?

Glad you realize that just because it's less frequent, doesn't mean it's not a problem.

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Re: I guess I have to start somewhere
Posted by reallygettingthere - 13 Sep 2013 01:42

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Welcome.

With Hashems help you should go from

to

My name is Eli

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Yeeh

Re: I guess I have to start somewhere
Posted by Pidaini - 13 Sep 2013 01:47

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Welcome!!

We're all in the same boat, don't be a stranger.

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Re: I guess I have to start somewhere
Posted by SIB101854 - 22 Sep 2013 05:23

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The first thing that I would do is to tell us, as openly as possible, why you are here. Being emotionally honest means being brutally honest with yourself as to the why you have an addiction in the first place.

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