

excited to join a group

Posted by rjcohen - 20 Feb 2014 10:37

Fairly new to this site. Hoping to end this once and for all.

Can't wait to join a group. BH Friday I will have 3 clean days and be eligible to join.

Unclear as to how to join. Any suggestions?

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Re: excited to join a group

Posted by Pidaini - 20 Feb 2014 10:59

Hey there rjcohen!! Welcome to GYE!!!

We're all a big group here, a group of guys who struggle with lust, if you struggle as well.....then you've joined!!!

Don't be a stranger, tell us a bit about your struggle, what is it that you struggle with? what are you doing to stay clean? how long have you been struggling?

You've joined a group that understands you, a group that is going through the same stuff as you!

Make yourself at home, post away, and KOT (Keep On Truckin')!!!!!!!!!!

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Re: excited to join a group

Posted by gibbor120 - 20 Feb 2014 22:21

WELCOME! Yes, we are one big group. I didn't think there were any "eligibility" requirements.

Just a desire to recover. We look forward to hearing more from you.

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Re: excited to join a group
Posted by dms1234 - 21 Feb 2014 03:49

Welcome!! I would also like to hear more of your story

Also this is a great place to start: guardyoureyes.com/breakingfree/first-time-here

I would suggest the GYE Handbook first

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Re: excited to join a group
Posted by rjcohen - 21 Feb 2014 04:51

A little about myself

Im 17 and have been struggling for about three years now. I am falling say once or twice a week. My main problems come on weekends when im at home without things to do.

I have very strong filters on my computer but there are some holes in portable devices in the house like phones and ipods. I am pretty sure that i want to stop but when the lusts come I just don't think i just act.

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Re: excited to join a group
Posted by rjcohen - 21 Feb 2014 04:59

As for tactics I use, my main weapon, I think, is planning my weekend so I don't end up with

time to fall.

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Re: excited to join a group

Posted by dms1234 - 21 Feb 2014 06:28

[rjcohen]

I am pretty sure that i want to stop but when the lusts come I just don't think i just act.

this is key, you really gotta tighten up those filters. When a lust addict wants to lust, he will find a way. But even so, getting those filters as tight as possible could definetly help from more damage or even just as a deterrent

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Re: excited to join a group

Posted by Pidaini - 21 Feb 2014 10:32

Hey there RJ!!

I completely relate with having too much time on my hands. I always used to kick myself after spending hours on the computer because there were so many things I could have done instead!! One time I finally just sat down and wrote down all those things that I could have done, next time I wanted to push time, I looked at the list, picked something from it, and did it!! It worked really well!!

Planning doesn't always go right, atually, it usually doesn't go right. It's the times when I am jsut walking around for some reason, and that list helped me greatly!!

BTW, How is your shemiras einayim? Are you lusting and fantasizing in the streets?

KOP!! and KOMT!!

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Re: excited to join a group

Posted by rjcohen - 21 Feb 2014 23:39

Im not so bad in the streets my main problem is when I can find access to any material i cant hold back.

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Re: excited to join a group

Posted by gibbor120 - 22 Feb 2014 01:14

Staying busy and getting together with (or even calling) people is very important. Idle time, especially alone, should be avoided as much as possible.

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Re: excited to join a group

Posted by Pidaini - 22 Feb 2014 23:20

[rjcohen wrote:](#)

Im not so bad in the streets my main problem is when I can find access to any material i cant hold back.

Are you looking more than you want to be?

When I first came onto GYE, one of the first things that AlexEliezer showed me (anyone know where he's gone??!) was that although I came here to stop looking at porn, really I was lusting much more than just when I was in front of the computer!! I was lusting when I looked at women in the streets, I drank in the sights, I was lusting at home when I fantasized about my wife. All those things were my IV until the next time I was on the computer.

I am still finding it hard to stop looking, as that is the most common pump of lust that I have.

How was this past weekend?

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Re: excited to join a group
Posted by rjcohen - 23 Feb 2014 08:40

I woke up this morning with a dream and found zl. As I understand that is nothing to worry about if I didn't put myself into that situation (which i didnt). I do see what your saying now Pidaini that its a build up of the whole day. I'll keep that in mind.

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Re: excited to join a group
Posted by dms1234 - 23 Feb 2014 09:08

Yup, just move right long! Nothing you can do. Today is a brand new day! Good morning!

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Re: excited to join a group
Posted by gibbor120 - 26 Feb 2014 03:33

Im in contact with Alexeliezer. He is busy and just taking a break (I hope).

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