

let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 06:06

im an 18 year old bachur who struggles/adicted to zerah levatala.i also strugle with anxiety..i just signed up to this website.i just started doing the 90 day chart.i sometimes do it to let off stress or just when i get a urge.i can do it up to 4 times a day.if anyone has any tips/advice/suport please post i means alot to me.also what i should do,what to read etc thank you

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Re: let me introduce myself

Posted by mr.clean - 30 Mar 2014 07:26

Firstly welcome! Also know that u are perfectly normal, 4x or 1 time or 100x a day doesn't matter, once the taiva gets us were toast.

I would suggest u read the handbook that GYE offers its awesome, also number one rule, watch ur eyes! Whether its on the street or a movie or TV show or wtvr out of sight put of mind! That will help u to keep ur thoughts under control which in turn will help u keep ur actions under control.

Also find a way to relive ur stress, make up that u will do something every time u feel stressed eg; go for a run, play basketball, daven or wtvr. And make sure no matter what u do that FIRST.

And lastly no matter what happens even if u messed up 45 times in one day make sure that ull do wtvr u can to control urself, "even if u feel like ur behind is gonna fall off"! Know that every time u hold urself back its a huge deal and it creates within u a stronger resistance capability for next time.

So welcome and we are here for u if u need, we are all in this together keep fighting... u can win ! Hatzlach!

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Re: let me introduce myself

Posted by cordnoy - 30 Mar 2014 07:39

Why do you want to stop?

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 08:07

thanks mr clean your comment was very insightful. i only get my phone once a week so porn isnt such a big problem .but i do get these urges and they cause me to act out.but i also saw amd tried a valuble tip.where you push off the taivah for lets say 2 hours.and it realy help

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Re: let me introduce myself

Posted by cordnoy - 30 Mar 2014 08:25

every victory adds up

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Re: let me introduce myself

Posted by Pidaini - 30 Mar 2014 08:46

You're not alone, not the only one!!

Have you read the [GYE Handbook](#), it's a great place to start with a lot of practical tools.

What have you tried doing to stop?

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 09:11

i am on the 90 day chart .i realy dont know where to go from there .i dont have a personal

phone during the week so i dont think i can get a partner.if someone can post sugestions that would be great

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Re: let me introduce myself

Posted by mr.clean - 30 Mar 2014 09:28

Did u download the handbook?

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 16:57

ive been clean for 2 days so far.but i feel with each passing day the taiva just grows.for a regular bachur shold i do taphsic?or maybe 12 step?also why should i really want to stop acting out

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 17:01

ive been clean for 2 days but i feek with each passing day it gets harder and harder.amd why shnold i want to break this taiv

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 17:04

ive been clean for 2 days but i feel with each passing day it gets harder and harder.amd why shnold i want to break this taiv

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Re: let me introduce myself

Posted by Pidaini - 30 Mar 2014 17:05

I can relate to that.....what's the answer? Why do you want to break it?

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 17:10

i want to stop it because it pollttes your mind ,its a terrible avairah ,it makes alot of problems in your life.i feel like as long as i do it im not a good enogh friend for someone lse

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Re: let me introduce myself

Posted by Pidaini - 30 Mar 2014 17:17

So then isn't it interesting that you are asking yourself why you want to stop?

And By the way, what exactly do you want to stop? Do you want to stop wanting it or do you want to stop acting out even if you do want it?

And just one more thing, have you opened up to anyone? A rebbe, or parent, or good friend, about your struggle?

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Re: let me introduce myself

Posted by mr.clean - 30 Mar 2014 17:32

Ok not sure what u mean by not good enough friend for others u will have to explain that..

u have to understand that this is PERFECTLY NORMAL, this is what happens when boys turn 18 they have taiva and with each day it will get stronger at least for the first while, then it will calm down, but the 12 step isn't a magic program for anyone who has a taiva its for people who have a PROBLEM. Regarding the taphsic method I have done it and it has worked but be wary bec all the times I have done it the night it ended I would always binge like crazy. And also if u do have a problem the taphsic will just push off the inevitable... but from what u described about urself it seems like ur a healthy kid with a taiva like the next guy and that u would like to get a
and from there
see what happens but the 12 steps will do nothing for u if ur not an addict it'll only make u nuts
cause it won't help u and ull start feeling hopeless like uve tried everything when really u haven't
tried anything

Make sense?

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handle on it and so like I suggested put in place steps (GET THE HANDBOOK!