

looking for help

Posted by ainyeaishbeolamklall - 03 Apr 2014 07:01

let me introduce my self actually the self i never told any body yet

I'm a kollel yungerman allready a nice few years after my chasina

i'm struggling with this addiction problem a long time all ready and don't know where to start from let me tell you how it all started my grand parents bought off a house from a guy and before they really cleaned it out i found there some p** magazines i remember like today first i could'nt look at it droped right away then a half hour later came back to look at it again then hid in the house so i should get a hold of it again.... this was when i was a young bochur then later it started i bought my own magazines then dvd's then went to internet cafe's..... b'kitzur to make along story short i'm trying to stop for allmost 2 years

tried allready the taphsik method help a little but for some reason allways managed to find a loop hole that i didn't have in mind

hope to get tips and chizuk from the gye chevra the poeple that know the real way out

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Re: looking for help

Posted by dms1234 - 03 Apr 2014 07:10

WELCOME!!!!!!!!!!!!!!

This is a great place to start: [Skep's tips](#)

Its really great to have you here!

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Re: looking for help

Posted by cordnoy - 03 Apr 2014 07:53

Welcome.

b'hatzlachah

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Re: looking for help

Posted by kilochalu - 04 Apr 2014 04:33

welcome !

you have found the right place, great chevra,great eitzos, look around and you will find something what talks to you and then figure out what works for you. open up and share your experience and you will find that you are not alone and we can try to tell you what is helping us from our experiences. In addition many of us have found that honestly opening up/realizing and facing our issues is already a major step in getting out of our isolation/not facing real life/fantasies and into dealing with our addiction.

hatzlacha!

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Re: looking for help

Posted by Ezra - 04 Apr 2014 07:21

Welcome - "Don't Give Up" If there is a will there is a way. Welcome again!

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Re: looking for help

Posted by dd - 04 Apr 2014 14:01

welcome!!!

we all can relate to what your dealing with so make yourself at home and keep on posting

KOL TUV! ain shum yeash beolam KLAL

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Re: looking for help

Posted by gibbor120 - 04 Apr 2014 20:18

WELCOME! You are in the right place. We all have the same problem. Taphsic has it's plusses and minuses. It's not magic, and it doensn't work for everyone. It generally doesn't work by itself. It's "a" safeguard, but if nothing else is in place, like you said, you find ways around it.

Take a look at the handbook (see link in my signature). Share on the forum. There's lots of great advice and things to do. Sharing with people is probably the most important. So, KOS - Keep On Sharing! and KOT - Keep On Truckin!

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Re: looking for help

Posted by Pidaini - 04 Apr 2014 20:28

welcome ASYBK!!!

You've came to the right place!! We're all in the same boat, learning from each other!!

KOM(onster)T!! KOP(osting)!!

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Re: looking for help

Posted by ainyeaishbeolamklall - 07 Apr 2014 07:16

Thank you every body for all the words of chizukand for replying

I just want to share with you a hashgacha pratis story that gave me major chizuk.

I daven shabbos in a very varime bais medrash and this week they sang by

??? for the breslover song

....???

don't remember they sang this song ever before

and just happens to be that this week i signed in to become a member of gye

under the name of ain yeaish beolam klall (i'm not sure if the spelling is right)

i felt the rbs"o telling me ... ??

to this very special chevra of gye you've came to the right place !!!

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Re: looking for help

Posted by ainyeaishbeolamklall - 24 Apr 2014 01:26

i just had a major fall didn't have such a fall in a very long time basicly i was on the computer last night till i realized that it's not dark anymore outside(and then inside of me became vey dark)

i'm really depressed about it

is there anybody that can cheer me up a little greatly appreciate it

keep on promising myself this is the last time but for some reason it's seems a endless gehenom i recently heard a git vort that ?? but only ehrliche yiden have also ?? now i'm really living this vort

thank you for listening
HELP if anyone hears me !!!

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Re: looking for help

Posted by dd - 24 Apr 2014 02:47

AYBK!!

these things do happen and we need to learn from them as mentioned many times here there is something to learn from each fall, so try to figure out what caused the fall or led up to it,

you b"h have joined the site and have the tools so get working on them,

did you try opening up to anyone that usually is the biggest tool to get started,

kol tuv!!!

you should for sure not be too down or beat yourself up AIN SHUM YEAISH BEOLAM KLALL!!!

just brush it off and keep on trucking!!!

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Re: looking for help

Posted by kilochalu - 24 Apr 2014 03:40

[ainyeaishbeolamklall wrote:](#)

i just had a major fall didn't have such a fall in a very long time basicly i was on the computer last night till i realized that it's not dark anymore outside(and then inside of me became vey dark)

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is there anybody that can cheer me up a little greatly appreciate it

HELP if anyone hears me !!!

if 'tzaar rabim chatzi nechama' then it should be machazek you to know you are not the only one who found himself in such a situation, many of us have had such experiences, many of us even many times. If that doesn't help you, maybe it would help to know that many of us after having such experiences enough times have really started using the tools here and have found that they really work if you work them.

HATZLOCHO!!!

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Re: looking for help

Posted by Pidaini - 27 Apr 2014 03:24

Yup, we've been there, done that.

What can you learn from it? What triggers did you notice? What can you do to prevent it in the future?

There is always a better life awaiting us, so don't get down, just take a step towards that life, one foot in front of the other, one day at a time!!

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Re: looking for help

Posted by cordnoy - 27 Apr 2014 11:05

Like the others wrote, get up and focus on the moment before you.

You never mentioned what it was you were tryin' (besides tapshik) for the two years of tryin' to stop.

b'hatzlachah

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Re: looking for help

Posted by ainyeaishbeolamklall - 28 Apr 2014 07:15

well thanx for all the replies!!!

there is nothing like chizuk from people that really understand you

i just started to read the gye handbook it's really gevaldig ????? ???? ?? ??? ?????

i feell like it really talking to me and its helping me "guard my eyes"

we hope to kot

good night to all of you

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"??? ??? ????? ?????? ??"

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