

New

Posted by Ontherise - 28 Apr 2014 23:43

Shalom, I'm new here. I'm trying to organize my efforts, and this seems like a good place to start. Any help navigating and finding an appropriate forum would be great!

Toda Raba

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Re: New

Posted by Pidaini - 28 Apr 2014 23:55

Welcome to GYE!!

Tell us a bit about your struggles, we don't know anything about you to be able to help you.

What do you struggle with? How long have you been struggling? What have you tried doing to stop?

Don't be a stranger, we're all going through the same thing!!

Keep on Posting, and KOMT!!!!!!1

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Re: New

Posted by dms1234 - 29 Apr 2014 00:02

WELCOME!!!!

its great to have you!!!

This [GYE welcome page](#) is a great place to start.

Also check out [Skep's tips](#)

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Re: New

Posted by Ontherise - 29 Apr 2014 17:27

Hi,

Thanks for responding! I appreciate your concern for me.

~~Why don't you tell us~~ a little bit more about yourselves? Don't worry we won't bite
~~So, a little about me.~~

I'm 25, single, I am a Ba'al Teshuva, I've been observant for close to 3 years, I have been studying in yeshiva in Jerusalem for the past couple years, and I'm moving back to the states this summer. Since I became observant, I've been trying to stop watching pornography. Sadly, I've been unsuccessful so far despite my deep desire to drop the behavior. I've been watching pornography and masterbating since the age of 12, just about half my life, and so i think that the pornography has sufficiently rooted itself deeply within my brain. Unquestionably, I feel a need for my "fix". Thank Gd, nothing catastrophic has occurred in my life from this, i.e. no problems with relationships and nothing beyond getting caught by parents as a teenager (which as a secular teen seems to be expected).

However, I am also sure that this feeling of addiction is not going anywhere without a prolonged concerted effort to uproot the need. Without this effort I feel this is on the road to worsening with unpredictable consequences. Despite the fact that I have webchaver installed and I have all internet accessibility removed from my phone, my Yehtzer hara gets me and I feel a deep desire to search high and low for pornography that goes "under the webchaver radar". Ultimately, what led to my desire to search for help, and my discovery of this website (i'm surprised I never heard of it), was that I got to the point where i couldn't fight the Yehtzer hara and ended up using my roommate's phone to access pornography. This was the last straw for me. I feel that if I cannot control myself to the point that I cannot respect other people's property, then I am clearly not in control of myself.

So, here i am!

GYE seems to be an extremely helpful resource. I appreciate any and all support anyone can offer. I deeply want to fix this before it affects other people. Thank Gd I have no dependents.

Thanks

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Re: New

Posted by cordnoy - 29 Apr 2014 17:42

b'hatzlachah

Take one of the steps here.

See what works for you.

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Re: New

Posted by unanumun - 29 Apr 2014 18:01

Welcome aboard for the ride.

The first step is deciding to do something to stop. Seems you got there. All up hill from here.
(there may be some dips in the middle but it is uphill nonetheless)

One thing you gotta know on the forum:

KOT means Keep on Trucking!!!

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Re: New

Posted by Pidaini - 29 Apr 2014 19:26

Sounds like you fit right in with the rest of us, Welcome!!!

The GYE handbook is a great read, you can get it from the ebooks page.

KOP(osting), we're all on the same boat, trying to find our ways, and get support to do the things we should!!

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Re: New

Posted by gibbor120 - 02 May 2014 21:12

WELCOME Ontherise! You are in the right place. Check out some of the links in my signature to get started. Oh, and of course keep posting and sharing.

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