

firstyid's Introduction

Posted by firstyid - 08 Jun 2014 20:33

Hi Everyone from this Holy Community,

Well, I'm finally HOME!!!

It's been about a dozen years with ups and downs. In the latter few, I was certain that there is no way out (actually, I thought marriage will help but it wasn't long before I found out it won't).

It isn't fair for me to bore you with my whole history of ups and downs. It isn't much different than most of yours.

Just a few pointers to get an idea of my situation:

- FFB (Frum from Birth)
- Started ma*****ing at 12ish
- P****graphy came soon after
- B"H no internet at home but had every so often at my father's office
- Internet access on cell phone the last few years
- Married with a beautiful wife
- Two months ago found out about GYE
- Realized how I am addicted
- Hit bottom
- Ready to make this a success
- MOST OF ALL, I CAN'T DO IT WITHOUT YOU!!!

At this time I have read through the GYE Hand Book, added filters to my computer and cellphone and joined the 90 day program.

I'm looking for a sponsor, preferably someone from a similar background and situation.

Feel free to reply, your Chizuk is much appreciated.

firstyid

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Re: firstyid's Introduction

Posted by dms1234 - 10 Jun 2014 00:01

That's great you have a close friend who you can talk to. I found that chatting people up on the chat bar worked well and you'll zone in on a mentor. The advantage of this method is you'll have plenty of other people to reach out to and give you advice as well as your mentor!

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Re: firstyid's Introduction

Posted by dd - 10 Jun 2014 04:31

welcome R' Firstyid!!!

very positive attitude on your part for a new member, you sound really serious about taking matters into your hands,

your posts are very good for all of us full of actions and seeking to reach where we all want to get to,

so join the chevrah and make yourself at home here,

btw i also had a friend who i would talk to about my issues but once i made it here to the site and got to make friends here i realized that you need to be in touch with people in similar situations(speaking from my experience),

KOMT!!!

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Re: firstyid's Introduction

Posted by firstyid - 10 Jun 2014 05:12

[dd wrote:](#)

welcome R' Firstyid!!!

very positive attitude on your part for a new member, you sound really serious about taking matters into your hands,

your posts are very good for all of us full of actions and seeking to reach where we all want to get to,

so join the chevrah and make yourself at home here,

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KOMT!!!

Thank you 'dd' for the warm welcome.

You are correct, I am finding that I am explaining most of the issues and ideas while he (my friend/mentor) is just discussing them and encouraging me (which I definitely need).

GYE's website, including this forum has been very encouraging and FULL of idea's. GYE has opened my eyes and I'm looking to you guys (Tzadikim) in order to take the right course.

("taking matters into my own hands"

Talking to myself; I need to place matters into Hashem's hands.)

dd please keep those ideas coming!

Hatzlucha to all you Tzadikim!

firstyid

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Re: firstyid's Introduction

Posted by cordnoy - 10 Jun 2014 07:09

[firstyid wrote:](#)

Hatzlucha to all you Tzadikim!

What about me?

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Re: firstyid's Introduction

Posted by dd - 10 Jun 2014 09:46

[cordnoy wrote:](#)

[firstyid wrote:](#)

Hatzlucha to all you Tzadikim!

What about me?

ok Tzadik!! granted!!!

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Re: firstyid's Introduction

Posted by Pidaini - 10 Jun 2014 10:10

[dd wrote:](#)

btw i also had a friend who i would talk to about my issues but once i made it here to the site and got to make friends here i realized that you need to be in touch with people in similar situations(speaking from my experience),

Thanks dd, I was gonna mention that I have a friend that realized that someone who's in it is an entirely different experience than even the most well meaning friend. I decided to let you do it

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Re: firstyid's Introduction

Posted by firstyid - 10 Jun 2014 18:50

Driving on my way to work today, I saw from a distance a truck with an advertising picture printed on it.

yourself

Although not clear, the picture looked like it was showing some skin. Naturely I was inclined to look to get a clearer shot of it. At that time I heard a voice in my head "what will you gain from this? Will you become richer or happier? Better don't look."

And so I turned my head and eyes back to where they belong, 'on the road'.

I'm certain that I couldn't withstand this test without GYE and the Tzadikim on this forum.

But that voice that was speaking to me. To me it seems like it was Hashem encouraging me.

firstyid

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Re: firstyid's Introduction

Posted by dms1234 - 10 Jun 2014 20:55

YAYAYAYAY!

Great work and great question!!! What will we gain from this stuff?

KOL!!!!!!!!!!

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Re: firstyid's Introduction

Posted by firstyid - 10 Jun 2014 21:36

[dms1234 wrote:](#)

YAYAYAYAY!

Great work and great question!!! What will we gain from this stuff?

KOL!!!!!!!!!!

WOW! You guys are encouraging!

firstyid

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Re: firstyid's Introduction

Posted by firstyid - 11 Jun 2014 21:32

Hi Guys,

The last 24 hours were fabulous. And I'm looking forward to the next 24.

I spoke to my sponsor to the first time this morning. What a relief it has been. I am very much looking forward to working with him.

firstyid

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Re: firstyid's Introduction

Posted by SIB101854 - 11 Jun 2014 22:37

Welcome aboard! This is the best and only place for discussing addictions to porn and masturbation. Posting here is a great step forward.

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Re: firstyid's Introduction

Posted by firstyid - 13 Jun 2014 17:34

One of my greatest triggers were taking my phone into the bathroom. Before I joined GYE I realized what harm this was doing and had 'attempted' to leave my cell phone on the table in the kitchen prior to going to the bathroom.

But sometimes I didn't realize until I got to the bathroom door. Thinking that I will make it through, and I won't look at my phone while in the bathroom, I would bring my phone in with me. But as we know how this addiction works, I would end up looking at my cell phone and fall again.

Now, after joining GYE I realizing how much of a commitment I have to make. And how under no conditions can I bring my phone into the bathroom.

So, I devised a cell phone hook. This cell phone hook is located right outside the bathroom door. And if I forget to place my cell phone down somewhere, I could hang it up outside the bathroom door right before going in, to use the facility.

Now I don't have an excuse to bring my cellphone into the bathroom.

And B"H I have to say, it works!

firstyid

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Re: firstyid's Introduction

Posted by dms1234 - 13 Jun 2014 19:55

Don't you have a filter???

Also what are you doing to live? Not taking the bathroom into the phone is attempting to "not fall." How will you ensure that you recover? Instead of trying to play defense against the yetzer. Let's play some offense!!

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Re: firstyid's Introduction

Posted by firstyid - 13 Jun 2014 21:49

[dms1234 wrote:](#)

Don't you have a filter???

Also what are you doing to live? Not taking the bathroom into the phone is attempting to "not fall." How will you ensure that you recover? Instead of trying to play defense against the yetzer. Let's play some offense!!

Thank you dms1234 for responding to my post.

Yes, currently I do have a filter.

B"H I currently hold a job and I am quite occupied throughout the day.

You have a very valid point about playing offense rather than defense. If you could express more details on the subject, my ears are open to listen and learn.

Have a successful 24 hours!

firstyid

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