

A new beginning

Posted by ineedchizuk - 25 Jun 2014 16:20

Hi everyone!

I'm Motty, 33, married, 3 kids, from Israel.

I originally posted this on a different board, but here goes:

So I'm on day 6, fighting one moment at a time.

So many things by me are triggers- and I'm not referring to the typical, ie. seeing/thinking lustful stuff. I know it's not unique, as I've read about it on Dr Sorotskin's site (thanks, Gibbor!). Specifically the stuff about perfection.

I find that acting out for me is usually an expression of yiush. Meaning when I start becoming upset or nervous about something, I have this urge to act out 'just get it over with'. Of course it helps me avoid reality. But more, it makes me feel like 'ok, now you did the worst, so you're done. Now you can move on'. So I really would agree that 'lust is not the problem, it's the solution'. Meaning that it's forcing me to face my underlying issues that drive me to lust. So very often it's 2 steps: a. A negative emotion, then b. acting out. Even when I find myself in a lustful mood, it's usually a. 'Give up- you know you won't be able control yourself, and only then b. acting out.

Now for you gevaldige guys who are about ask those deep questions that might actually get me to think (and I look forward to getting to know you and growing from them), my lusting has led me to phone sex, pornography, masturbation. The p**n probably from age 11, the rest a couple of years later. Ok, I know you still have plenty to ask!

Living '1 moment at a time' has been helping tremendously. It seems to be the exact opposite to the thoughts I usually have. Releases some of the pressure.

For me, the process of getting out of isolation began with gye. Before I ever spoke to anyone. Just by reading many post, I have gotten to understand myself more. This makes sense since until 3 weeks ago, when I joined gye, I have never in my 33 years spoken to anyone about this issue.

So thank you all for letting me learn so much from you, and for showing me that it pays to make yourself vulnerable, and open up.

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Re: A new beginning

Posted by dd - 07 Mar 2015 22:26

[cordnoy wrote:](#)

[dd wrote:](#)

[ineedchizuk wrote:](#)

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Tis da season!

And that's one of the beautiful things about gye its always the season!!!

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Re: A new beginning

Posted by unanumun - 29 Jun 2015 10:55

From October 2, 2014

[ineedchizuk wrote:](#)

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I would like to express my deepest appreciation specifically to Yankel and Oownanoomin, and generally to each and every one of you here on gye for your friendship, help, and reaching out.

You have all been helping me reach my 90 day milestone, through each single 'day at a time'.

Looking forward to sticking around for many more 1 day at a times.

Gmar chasima tova! !!

Yankel's Back. I am here.

Forget sticking around. Come back!!

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Re: A new beginning

Posted by unanumun - 29 Jun 2015 10:56

[ineedchizuk wrote:](#)

(Cough, cough.)

Boy, is it dusty in here!

I Just had to repost this one...

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Re: A new beginning

Posted by ineedchizuk - 06 Jul 2015 23:43

Takke dusty!

Thanks 4 thinking of me, Oowny,Deedee,P'daynee!

Doing BH very swell!

Logged on today to see 2000 replies!

Should stop by more often

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Re: A new beginning

Posted by Pidaini - 07 Jul 2015 03:39

Yeah!!

You really should!!

What have you been doing to keep up the swelling?

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Re: A new beginning

Posted by YeshivaGuy - 16 Dec 2020 01:38

Hows it goin buddy? Perhaps u can share with us some eitzah and chizuk? And maybe update us on where you are holding?

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Re: A new beginning

Posted by Geshmak! - 24 Feb 2023 00:03

[ineedchizuk wrote on 06 Jul 2015 23:43:](#)

Takke dusty!

Thanks 4 thinking of me, Oowny,Deedee,P'daynee!

Doing BH very swell!

Logged on today to see 2000 replies!

Should stop by more often

all jokes aside can you post a update? What was your best tool that got you to freedom ?

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