

looking for help

Posted by trysohard - 04 Aug 2014 11:50

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i usually don't have web access but for the next 2 weeks i'm staying somewhere that has. just tonight i fell and decided it's time to join. i've been struggling on and off for over 10 years. even when i don't have a pc, i use my wife's cellphone (not a smartphone) which she doesn't realize has internet. Hashem please help me find a **permanent** solution here!

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Re: looking for help

Posted by trysohard - 01 Nov 2016 17:04

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Hi Guys!

I guess an update is long overdue. The reason why I haven't been so active here lately is because I kind of graduated from GYE.

I discovered that reading the "dov quotes" from gibbor was more productive than just hanging around the forum. I then discovered that listening to the recordings of dov's 12 step introduction (and his yamim noraim speech- thanks Serenity) might be even more productive. Then I discovered that emailing dov was better than that. Then I discovered that calling dov was better than that. Then I discovered that meeting someone from SA was better than that. Then I discovered that going to SA was even better!

I hope you get the point, and I hope my discoveries continue...

I want to thank the guys here for being so helpful to me.

Specifically,

Cordnoy

Bigmoish

Serenity

Markz

Gibbor120

AND

**Warning: Spoiler!**

Anyone else should feel free to add their name to this list...

I love you all, and will try to continue checking in from time to time.

I'll leave you with one lesson a guy from SA taught me.

If you feel like acting out, pick up the phone in one hand and the White Book in the other

**Warning: Spoiler!**

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Re: looking for help  
Posted by Bigmoish - 01 Nov 2016 17:33

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[trysohard wrote on 01 Nov 2016 17:04:](#)

Anyone else should feel free to add their name to this list...

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Re: looking for help  
Posted by Shlomo24 - 01 Nov 2016 17:38

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Looks like you're making some good decisions. I'm actually only on GYE to be of service to

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Re: looking for help  
Posted by cordnoy - 01 Nov 2016 18:49

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[trysohard wrote on 01 Nov 2016 17:04:](#)  
Is there any way for me to get mine off?

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Good stuff....except when I call, it is with blue tooth and I read white book on comp, so I still got two hands available.

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Re: looking for help

Posted by trysohard - 01 Nov 2016 20:26

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[Bigmoish wrote on 01 Nov 2016 17:33:](#)

[trysohard wrote on 01 Nov 2016 17:04:](#)

Anyone else should feel free to add their name to this list...

Is there any way for me to get mine off?

sorry, there's no such option...

(2 years ago you were a big help to me)

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Re: looking for help

Posted by Shlomo24 - 01 Nov 2016 21:49

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[cordnoy wrote on 01 Nov 2016 18:49:](#)

[trysohard wrote on 01 Nov 2016 17:04:](#)

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Re: looking for help

Posted by Markz - 02 Nov 2016 01:21

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Trysohard

I like your progressive graduation escalator

Youre the one that deserves the compliment!!!

Amazing stuff

And I couldn't resist upping your Car-ma

KEEP ON MONSTAH TRUCKING

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Re: looking for help

Posted by trysohard - 02 Nov 2016 06:29

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[Markz wrote on 02 Nov 2016 01:21:](#)

Trysohard

I like your progressive graduation escalator

Youre the one that deserves the compliment!!!

Amazing stuff

And I couldn't resist upping your Car-ma

KEEP ON MONSTAH TRUCKING

might we be myssppelinng something?

might we be mispronouncing something?

might we be making up a whole new term?!

Mark, you have added Tunz of life to this site!  
**Car-ma**

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Re: looking for help  
**MONSTAH**  
Posted by trysohard - 02 Nov 2016 06:48

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[Shlomo24 wrote on 01 Nov 2016 21:49:](#)

[progressive graduation escalator](#)  
[coralby wrote on 01 Nov 2016 18:49:](#)

Good stuff....except when I call, it is with blue tooth and I read white book on comp, so I still got two hands available.

And I masturbated for a while before I even discovered it can be done with my hand.

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Re: looking for help

Posted by trysohard - 02 Nov 2016 07:00

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Gevura- I see you read this, sorry I forgot you in my list.

You know it's funny how freedom can make us feel contained

Yeah When the muscles in our legs aren't used to all the walking

Hey! I wasn't looking for ideas

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Re: looking for help

Posted by trysohard - 04 Nov 2016 21:15

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I just wanted to share how I agonized whether I'm an addict and the program's right for me. Until, when I managed to conclude that I am one. Then I quickly jumped in because I knew that at any moment, I would change my mind and "realize" that really I'm fine and making WAY too big of a deal about a tiny issue.

Now, as I work the program and see how crazy I am (internally- on the outside I seem perfectly normal, and until recently was convinced that I am), I realize that even if I'm not an "addict", I need the program to help me learn how to lead a sane life.

Good Shabbos All!

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Re: looking for help

Posted by trysohard - 24 Nov 2016 01:45

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An update-

I disclosed to my wife a couple of weeks ago. This has been the most painful time of my life, and the time of greatest growth in my life. If I find time, I will share some of the amazing things Hashem did for me during this time.

I hope all you guys are doing well.

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Re: looking for help

Posted by Markz - 24 Nov 2016 02:03

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[trysohard wrote on 24 Nov 2016 01:45:](#)

An update-

I disclosed to my wife a couple of weeks ago. This has been the most painful time of my life, and the time of greatest growth in my life. If I find time, I will share some of the amazing things Hashem did for me during this time.

I hope all you guys are doing well.

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(By the way, my wife read this thread, so be careful what you say

Mrs Trysohard you have a heck of a great husband!

Yeah!

Many people these days Trysohard to change the world - their wives their children their bosses their siblings and of course their in-laws

Someone that can rise above and Triessohard to change HIMSELF is a rare bird / truck

And one more thing

Us men have a hard time sharing our deepest feelings and experiences even with our spouse.

What your husband did is a leap of faith that he trusts you will take on your marriage to a totally different level

I hope you appreciate his endeavours to be a better person and a much closer husband!

Hope you continue having a great life together!

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Re: looking for help

Posted by Abrahampath - 28 Nov 2016 04:55

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Hello. I eventually got rid of my smartphone just because it was too easy to have access to inappropriate material. Even with that the PC is still a temptation even though I use it 90% for work. My wife will not tell me the password so that helps somewhat.

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