

can use help

Posted by ignorethedistracton - 05 Sep 2014 07:49

I am a 36 yo married happily. I have struggled on and off with this addiction always thinking i can handle it myself. I have not been able to share with my wife due to embarrassment. Although I think of myself as a friendly person I have few strong friends who I could discuss with; hence the struggle in not sharing with my wife. I am concerned because my work now involves more travel and the difference between road and home life can be so different and can use the support.

I find that my biggest enemy is when being tired/bored or a combination of the two. I need to place more filters to keep me protected at my weakness. I registered for web chaver but did not finish the registration as I do not know who to use as a mentor? I do not know if anyone has had that catch 22 before. It is nice to know there are others out there and while I travel to remote areas that there are others I can discuss with....

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Re: can use help

Posted by cordnoy - 05 Sep 2014 13:19

Welcome to this club.

Your catch 22 was a bit difficult (at least for me) to grasp.

that bein' said, what are your issues?

Have you tried to stop in the past?

What have you done?

Has it worked at all?

Have you perused the homepage with all the tips?

did you read the handbook?

Do you really, really, truly wanna stop?

Don't be a stranger; openin' up here is an important first step.

b'hatzlachah

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Re: can use help

Posted by Pidaini - 05 Sep 2014 15:52

Welcome to GYE, ITD!!

The advantages of having friends who are going through the same thing over friends who don't completely grasp what we're going through has been discussed here a few times, so it's great that you came here and can now get some of those friends!!

What do you struggle with? What have you tried?

Don't be a stranger, no need to be afraid, we're all in the same boat!!

Keep on posting!!

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Re: can use help

Posted by dms1234 - 06 Sep 2014 01:22

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

Check out: [Skep's tips](#)

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Re: can use help
Posted by dd - 07 Sep 2014 00:01

WELCOME ITD!!!

we are all in the same boat here so make yourself at home,

KEEP ON POSTING!!!

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Re: can use help
Posted by ignorethedistracton - 20 Sep 2014 02:29

thank you for the welcome.

the hardest part for me is feeling alone. i travel for work and i would like to say that I am like yosef in metzrayim but i am not. i need to be able to communicate with others who can understand the process some of us are going through. i need a friend, i know that sounds lame. but i do not have the connections as others who study in yeshiva etc. thank you for the support. i need it

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Re: can use help
Posted by cordnoy - 20 Sep 2014 02:48

so then stick around here more often.

you can develop friends and friendships.

it's a great group, where there is no pressure.

this addiction can make it very lonely out there; I know. the friends here can make a whale of a difference.

b'hatzlachah

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Re: can use help

Posted by Pidaini - 20 Sep 2014 21:59

Ditto to cordnoy, I have gained quite a few real understanding friends here, not instantly, but after sticking around it happened over time. It's worth it!!

What do you struggle with? What have you done to try and stop? Don't be a stranger, this is where you can find people going through the same stuff as you, but if you don't share, we can't relate!

KIT!! KOP!! KOT!!

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Re: can use help

Posted by godhelp - 21 Sep 2014 18:16

Sorry i am late but welcome welcome stay strong.

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Re: can use help

Posted by ignorethedistracton - 22 Sep 2014 03:38

thanks for the welcome

hang in there too!

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Re: can use help

Posted by ignorethedistracton - 22 Sep 2014 03:39

thanks hang in in there too

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