GYE - Guard Your Eyes

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im me and happy to finnaly join Posted by yidtryingharder - 23 Oct 2014 23:55	
in a nut shell im on and of shmutz from porn to it from friends and couldn't stop till now here go	masturbation to all the garbage I was told about es hishtadlus
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Re: im me and happy to finnaly join Posted by cordnoy - 24 Oct 2014 00:15	
Welcome aboard!	
b'hatzlachah	
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Re: im me and happy to finnaly join Posted by yidtryingharder - 24 Oct 2014 00:34	
thanks	
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Re: im me and happy to finnaly join Posted by dms1234 - 24 Oct 2014 04:03	
WELCOME!!!!!!!!!!!!!!!!!	
Check out the GYE Handbook and Skep's tips	
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Re: im me and happy to finnaly join Posted by gibbor120 - 24 Oct 2014 23:24
WELCOME! You are in the right place. Keep reading and keep posting!
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Re: im me and happy to finnaly join Posted by yidtryingharder - 24 Oct 2014 23:39
Being that I started my journey yesterday, I still have flashbacks of pics and videos pretty often. if I can't get it off my head, I learned that just thinking: Hashemite my lust is yours it's not mine please take it, has helped me a ton. Thought I'd share have a gr8 and uplifting shabbos
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Re: im me and happy to finnaly join Posted by Hatzileini Na - 25 Oct 2014 01:12
Welcome aboard. We're all fighting similar battles.
Have a great Shabbos.
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