

hello again!

Posted by restart - 31 Oct 2014 04:58

hello people, again! i was here up until about a year ago under another username which i had to cease using (long story). at one stage i was making quite a bit of progress, you can see one of my initial posts over here

guardyoureyes.com/forum/1-Break-Free/201557-the-smell-of-freedom%21#201577 and another post further into recovery over here guardyoureyes.com/forum/19-Introduce-Yourself/212357-why-am-i-still-falling#212495.

at no stage had a i started the 12 steps, but i'm at the full conclusion that i am in fact an addict, and have read the handbooks, 90 day charts, and taphsic in the past. i have bh installed the vcf filter for android (highly recommend it), but unfortunately recently picked up a new laptop which apparently in my funny addicted mind 'entitles' me to make the most of it and fall. this is particularly worrying because at the moment i am getting involved in/preparing for shidduchim and dating. about a week ago a rejoined gye, and just today after another fall i decided that sobriety needs to take full priority in my life.

i am trying to familiarise/reacquaint myself with the site and its members, who from what i remember are the most vital component of sobriety, ie getting out of isolation. i was wondering if anybody over here has ever used cognitive behavioural therapy (cbt) for lust struggles/addiction and could recommend it? i have completed cbt courses in the past for other matters and seen success.

thanks a million for all of your help people! its great to be back, looks like i've missed out on an entire year of real life 'living' here on gye, but im gonna do my best to catch up/restart on the site and get back into things.

restart.

=====

=====

Re: hello again!

Posted by shomer bro - 31 Oct 2014 05:58

Welcome back!

=====

=====

Re: hello again!

Posted by unanumun - 01 Nov 2014 22:22

welcome back.

Looking forward to getting to know you as well.

=====

=====