

hi  
Posted by ted - 02 Dec 2014 19:54

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I'm just joining gye forums now although I should have a long time ago. I'm an addict (I have finally admitted that reality) for many years, and have tried stopping soooo many times. I'm clean now 2 weeks and with the help of Hashem and gye and all my new found friends on this forum I'm going to keep going and hopefully be who I truly could be. and be an honest unselfish husband and father. I always appreciate getting Chizuk from other people on this forum and hopefully together we can overcome this great challenge. I really feel a deep connection to everyone that is going through this same Rollercoaster that I am going through even though I may not know you I feel a deep connection. So perhaps I will not only take Chizuk from these forums but maybe I can give something also (although let's face it an addict is selfish! He's constantly focused on himself).

Lchaim, brothers.

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Re: hi  
Posted by Shlomo24 - 02 Dec 2014 21:13

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great first step ted. keep on posting, we want to hear from you.

you are absolutely correct, addicts are incredibly selfish, we have consistently messed ourselves up due to our selfishness. yet we are too selfish to seek help, great job starting to break away from yourself and accepting some hard truths.

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Re: hi  
Posted by dms1234 - 02 Dec 2014 21:34

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**WELCOME!!!!!!!**

Seems like you are on the right track! Keep on going!

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Re: hi  
Posted by reallygettingthere - 02 Dec 2014 23:10

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Hi Ted,

Welcome to the club.

What made you join at this point? Was there some cataclysmic experience shook you up?

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Re: hi  
Posted by ted - 02 Dec 2014 23:45

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Someone not knowingly made me realize that as a porn addict it's not just a practical problem but there is emotional issues that need to be dealt with and an addict doesn't make a good husband or a good father. Which sounds obvious but then I started realizing how it's true and I'm not actually a good husband like I thought I was and I am not being fair on an emotional level to my wife. We can go on about for a long time. but the point is if were honest we realize that were hurting our spouses

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Re: hi  
Posted by ineedchizuk - 03 Dec 2014 05:08

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Shalom aleichem, Ted!

By sharing on this great forum, when we take, we're also giving.

Wishing you hatzlacha on your journey,

Your selfish friend

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Re: hi

Posted by AlexEliezer - 03 Dec 2014 05:42

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Welcome Ted, glad to have you on board!

Being sober and in recovery from this addiction will allow you to be the giving husband and father you want to be.

What have you been doing differently these past 2 weeks to keep clean?

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Re: hi

Posted by cordnoy - 03 Dec 2014 06:26

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Welcome,

and like AE said: What you gonna do different this time around?

Especially with that new realization.

We lookin' forward to you stickin' around as we plow thru this mess together.

b'hatzlachah

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Re: hi

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Posted by ted - 03 Dec 2014 07:23

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I need some help.

When I'm clean sometimes i get frustrated I get annoyed I'm all tense I'm nervous impatient and I feel like if I just do the act and let go then I can relax. ?.

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Re: hi

Posted by serenity - 03 Dec 2014 07:57

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Welcome Ted, glad your here and thank you for your introductory share. Your share helps me.

Hatzlacha!

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Re: hi

Posted by cordnoy - 03 Dec 2014 15:45

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[ted wrote:](#)

I need some help.

When I'm clean sometimes i get frustrated I get annoyed I'm all tense I'm nervous impatient and I feel like if I just do the act and let go then I can relax. ?.

What is triggerin' it?

Are you nervous or tense in nature?

What other things are goin' on in your life?

It sounds like this is the classical case of usin' actin' out for a release of some sort.

Let us know

b'hatzlachah

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Re: hi

Posted by dd - 03 Dec 2014 17:03

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Welcome Ted!!!

Its great to have you here with us.

Looking forward to seeing you around and hearing about your progress.

Keep On Posting KOP and Keep Up The Good Work KUTGW!!!!

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Re: hi

Posted by AlexEliezer - 03 Dec 2014 19:14

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When you say "clean" do you mean that you're not looking at women and not fantasizing and viewing mental images -- or do you mean you are lusting and just not doing the final release?

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Re: hi

Posted by gibbor120 - 04 Dec 2014 01:01

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WELCOME Ted! It's nice to have you with us. Take a look at the "dov quotes" thread (I have a link in my signature). One of his first posts is called Nuclear Reset Button. He's got a lot of other good ones too.

Keep posting!

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Re: hi  
Posted by ted - 04 Dec 2014 19:41

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AE you have a good point. The problem always starts with the first drink or in my case the first lust. Because once we start lusting we trigger the allergy and then we always fall (I have been listening to the big book with charlie and Joe it's really great. You can find the link on gye) Im finding that the shmiras ainayim is hard but controlling my thoughts and fantasies is much harder. Not to lust in my mind which is obviously a trigger is extremely difficult, my mind is always racing and always wandering.

any tips? Tia.

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