

A new man in town

Posted by benhadash - 06 Jan 2015 15:26

Hello All Friends from GYE,

My name is Ben, 46, married with six wonderful kids. I live in Israel since the age of 13, coming from France.

I have been a sexaholic since my puberty... I can say that now.

Like so many others - as I can read and learn from this wonderful website - my descent into this addiction was progressive and only after a dramatic event, I found my way and the strength to reach out for help.

I had many failed experiences of rehab, all by myself. I feel now that this time will be the one crowned with success.

Reading the posts causes some deep and even maybe deranging thoughts... Friends here are still struggling after very long 'clean' periods of many days - much more than 90!

I feel strong now - but it is just the begining. The 90 days plan seems achievable (although I never had such a long clean period myself ever) with all the help and support from you all and from my wife who is wonderful on this matter. But my hopes are based on the belief that such a struggle has an end. That eventually, I ll be able to talk about myself as a healed sexaholic, and will come here only to counsel others maybe... (I get a bit carried away after one day in the program...)

Writing and sharing is a great comfort.

Thanks to all and BeEzrat Hashem Naasse VeNatsliah!

Ben

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Re: A new man in town

Posted by dd - 06 Jan 2015 15:34

Welcom Ben!!!

Great thing you joined stick around and get to know the guys and the system its all amazing!!!

Keep up the good work!!!

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Re: A new man in town

Posted by ineedchizuk - 06 Jan 2015 16:23

Shalom!

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Re: A new man in town

Posted by cordnoy - 06 Jan 2015 17:36

Welcome Ben,

It is a good move that you are here.

a word of caution, however: We are about one day at a time here. 'Hope' is a dirty four-letter word as well. It's nice to have an end-game, but it ain't an easy task, and we don't wanna get down in the middle. There are many pitfalls in the way. Focus on what you need to do at this very moment; then, move to the next step.

You mention clean and recovery. What is your plan of action?

Thanks and wishin' you hatzlachah

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Re: A new man in town

Posted by serenity - 06 Jan 2015 19:43

Welcome to GYE, Ben! Hatzlacha! Personally I didn't think 90 days was doable, so I just took it one day at a time. When I look at people with long periods of abstinence and then a fail it makes me start thinking ahead and I get anxious. But the truth is that they didn't have one big fail. They had many many big successes and one little fail.

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Re: A new man in town

Posted by unanumun - 06 Jan 2015 19:52

Welcome aboard. keep opening up and reaching out.

May Hashem bless you with much help and success in recovery. The more solid steps you take on your own, the more Hashem will help you.

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Re: A new man in town

Posted by Shmeichel - 06 Jan 2015 20:42

welcome

keep it up

did you read the hand book?

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Re: A new man in town

Posted by benhadash - 07 Jan 2015 18:48

Thanks for this important insight!

Really strenghtening. I ll remember this approach.

Ben

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Re: A new man in town

Posted by benhadash - 07 Jan 2015 18:55

Plan of action:

- Join GYE - Done

- Join WebChaver - Done - my wife is my referent

- Use the tools provided by GYE - I post on the forums, update the 90 days board, took the TaPHSic shevoua, subscribed to the daily hizuk mail (both in Hebrew and English), applied for a sponsor, I still need to read the handbook - I ve printed it and carry it in my bag...

- Took my physical training one step up - I joined a Nin Jitsu training group

- For the first time in my life (after almost 25 years of marriage) I speak with my wife about this - and I get full support and understanding...

For the time being....

Ben

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Re: A new man in town

Posted by dms1234 - 07 Jan 2015 22:09

Good work! Keep it up!

Just a quick tip. It is important to stick to one thread for your updating. Its more coherent and plus you only have to post once!

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Re: A new man in town

Posted by dying4freedom - 07 Jan 2015 22:29

Welcome to GYE. Good luck! It is hard to abstain, you got to take it one day at a time. For a while I didnt think it was possible and that abstaining was for big rabbis but after coming across this website and getting into it im clean just over 6 weeks when The longest I would go before was usually 4 or 5 days. Keep up the good work!

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Re: A new man in town

Posted by cordnoy - 09 Jan 2015 19:48

[benhadash wrote:](#)

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- Join WebChaver - Done - my wife is my referent
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For the time being....

Ben

Heck of a list!

Sounds real good; please keep us posted.

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Re: A new man in town

Posted by Hatzileini Na - 12 Jan 2015 00:59

Welcome aboard!

Sounds like you are really working to make a profound change, and that is fantastic.

We are hear to provide support and friendship along the journey.

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