

lost in France !

Posted by bneisrael555 - 26 Apr 2015 13:43

Hello !

I'm french and I have been a member of GYE for 2 years, but in the french site.

I am for the moment a little bit alone, so I have just decided to join you !

I began masturbating and seeing sexual image/videos more than 25 years ago.

I began religious 4 or 5 years ago, and I wanted stop it, but I have not been able.

I have tried every thing, including SA group : I have a sponsor, and I have created a live group with an other friend. I participate to 3 french meetings per week :2 by phone with francophone friends and one in live..

I have had some sober period (130 days max) few months ago, but it's not happening.

So I wander that I can do more..

Help me please !

=====

Re: lost in France !

Posted by Pidaini - 30 Apr 2015 18:01

Hey Shlomo,

I was in no way disagreeing, I wrote specifically that both are very important, but they are *both* important, and I have found that one without the other does not usually lead anywhere very far. There are exceptions, but that is my experience with most of the people that I know.

[bneisrael555 wrote:](#)

My only chance to be happy, that prevents me to be in difficulty in these moments, is to study Torah. The last time I were clean, thanks TaPhSiC Method, it was because I studied Torah all the time.

I ask Hashem to help me to be always in the study of Its Torah !

Sounds good!!

So what's the plan? What part of Torah? How will you set guidelines that you won't cut back on?

You can do it, and you are worth it!!!

=====

Re: lost in France !

Posted by bneisrael555 - 01 May 2015 09:53

Hi Pidaini,

B"H, I'm studying daf hayomi of Michna Beroura with "Dirshu Halakha", Michna Kedouchine, and Guemara Baba Metsia.

My plan (with help of Hashem !) :

- Torah, pray God, work on 12 steps, participate to this forum and SA meetings;

(I'm 40 years old and I have no child yet
because my ex wife can't..)

Big new : it's not official yet, but we will create a french phone meeting as part of GYE (so just for Jewish people).

- divorce and create a new family with lot of children

I'm so happy !!

Chabbat Chalom

=====
=====

Re: lost in France !

Posted by bneisrael555 - 07 May 2015 08:10

Hello !

TaPhSiC Method is very efficient, I feel free even though I know that I will always be an sexaholic and that I have to work on my self all my life to stay clean.

The big thing that has changed in my life is that I've made the decision to divorce. As long as I was in the doubt, I was sad and depressed.

B"H my sponsor helped me to made A decision and stand firm on this. He said me that what ever the decision I'll make, God will be with me and help me.

=====
=====

Re: lost in France !

Posted by cordnoy - 07 May 2015 15:14

May God be with you in all your decisions.

=====

=====