

Introducing...

Posted by Black hole - 15 May 2015 13:30

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Hello fellow Jews. I have been following this website for a while and I finally signed up in order to participate.

I am a holy Jew with a great soul, who has been captured and tortured and beaten by the Tzad Shekineged for many years. I started my internet surfing at the age of 12, although I found other forms of stimulation before the internet was introduced into my life. I am now 30 years old, and I can safely say that this internet addiction/compulsion has ruined the quality of my life. I love my life, I love my wife, and I love my kids. I love my job and I love my friends. But when I am in the self-love zone, the force is so strong and powerful that all those things go out the window.

My baby is screaming from his crib? Ok, I'll just be a few more minutes...

My meeting starts in two minutes and I'm still 15 minutes away? Ok, lemme just finish up here, and I'll be on my way shortly. I will curse myself and be wracked with guilt and frustration later, but right now I just need a few more minutes...

And the scariest part is, when I went to a psychologist and he asked me if I want to stop this behaviour, I really had to think about it. It has been a major part of my life for over 20 years, and I really do enjoy it. Saying goodbye forever would be like saying goodbye to an old friend.

But when sanity hits me, I know it is destroying me emotionally. I can't bring myself to do the things I know I should be doing, like davenning and learning, or starting and keeping good habits.

I feel like my insides are all just a big black hole. I feel nothing except acid a decay coming from inside me.

And I just don't know what the trick is to taking back my life, when I really don't know if I have the strength or the fortitude to make it happen.

So here's to hoping for a brighter future.

That's my introduction. Have a bright and sweet shabbos hayom lashem.

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Re: Introducing...

Posted by fulfillinglife613 - 19 May 2015 12:39

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BH, (did you realize that Black Hole is B"H? Even in the darkest of times hashem is there....)

I feel like you write exactly what's on my mind. Spooky almost.

I was rereading some of my first posts and there was a lot of good talk there about 1 day at a time. I didn't understand it then but I'm starting to get it now. You might need some of that advice in the near future, so take a look at the thread if you have a few minutes.

[guardyoureyes.com/forum/4-On-the-Way-to-90-Days/253428-Im-Starting-Today](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/253428-Im-Starting-Today)

Hatzlacha with your journey!

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Re: Introducing...

Posted by yiraishamaim - 19 May 2015 14:22

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Your euphoric feelings are so exciting to hear.

Thank you so very much for sharing.

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Re: Introducing...

Posted by yiraishamaim - 19 May 2015 14:24

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Your euphoric feelings are so exciting to hear.

Thank you so very much for sharing.

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Re: Introducing...

Posted by yiraishamaim - 19 May 2015 14:50

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Sorry, both of my last posts were a mistake for this thread.

Re: Introducing...

Posted by Black hole - 20 May 2015 07:54

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It's too late for a longer post, but just wanted to check in. I'm still on the upswing, and I don't think I've felt this proud of myself since my bar mitzvah.

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Re: Introducing...

Posted by serenity - 20 May 2015 19:01

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Thank you.

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Re: Introducing...

Posted by Black hole - 02 Jun 2015 16:18

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I don't know what to do. The first two weeks were easy breezy. But now I find myself burning up. I'm at day number 19 and I really don't think I will make it much further, if at all. What to do??? I'm losing my resolve, and I'm losing my strength.

If I am being totally honest, the first two weeks my wife was accessible to me. Middle of last week that came to a stop, and I have been on a slow decline, losing my resolve. I don't know what to do.

Any great ideas? Please!

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Re: Introducing...

Posted by cordnoy - 02 Jun 2015 16:27

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What do you want to do?

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Re: Introducing...

Posted by serenity - 02 Jun 2015 20:57

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thanks for your honesty, I've been there and can relate.

Email me any time [gomu2serenity@gmail.com](mailto:gomu2serenity@gmail.com)

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Re: Introducing...

Posted by pischoshelmachat - 02 Jun 2015 21:08

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Hi BH,

I know exactly the feeling when the hook is just pulling you. You must remember, sex is optional. It is easy for me to remember because my wife found out and now my life is in shock and I am a destroyed person. Will my marriage survive? I hope so. Will i live through hell for the next few months, years? I made this bed, now I am sleeping in it. Imagine your wife heaving in sobs, trembling in fear, burning in anger, and you know that you caused her all this pain. Unfortunately, I was unable to imagine that until it was too late.

Catch yourself now, it is not fun when your wife catches you.

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Re: Introducing...

Posted by shlomo613 - 02 Jun 2015 23:01

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When will the government put a health warning on these products?

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Re: Introducing...

Posted by stillgoing - 02 Jun 2015 23:32

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**shlomo613**

When will the government put a health warning on these products?

I've never seen anyone here reference this, but on the gye personal homepage (that's different then the regular homepage. It's a homepage tailored to you. You can access it at the top on the page, right next to where it says "*welcome yourname*") there is a bright red button, that says "emergency turn off" If you click it, gye will send you something to your email account. There are a few different things that they send. The first one was enough for me. I downloaded it onto my phone, and every time I look at it I practically shiver. I think that anyone who used this feature knows what I mean.

Hatzlacha

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Re: Introducing...

Posted by stillgoing - 02 Jun 2015 23:39

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**blackhole**

And the scariest part is, when I went to a psychologist and he asked me if I want to stop this behaviour, I really had to think about it. It has been a major part of my life for over 20 years, and I really do enjoy it. Saying goodbye forever would be like saying goodbye to an old friend

**jack**

it says in behaloscha (i think - i didnt look) that the people were crying over their families - they had to divorce their wives.well, we also have to get a divorce - from porn.it has been our family, our 'loved one'.and getting a divorce will be painful - and it will involve crying.i wonder - maybe they had meetings in the midbar to discuss the withdrawal symptoms - after all, they were all in the same boat (i'm really being serious)

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Re: Introducing...

Posted by polar bear - 03 Jun 2015 00:06

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Black Hole, please hang in there for us! We need you!

If it helps - whenever I'm about to surf online, I first go to the GYE website (like now). I usually get sucked in for a few good hours - The fact that the community here is rooting for me gives me inspiration.

We are rooting for you!

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