

Introducing Myself

Posted by wowchizuk - 29 May 2015 03:21

Hello Chaverim,

Ive been dealing with a porn addiction for about 8 years now. Im 22 and single. I try my best not to watch. I tried all different types of filters. Made my way around all of them. I watch about on average about three a week. Some times less depending on how much Torah I am learning and how busy I am. My longest clean steak was about 3 months! Which took place exactly one year ago. I want to beat that steak and this time keep the steak going ad 120 years!

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Re: Introducing Myself

Posted by Prisoner7785 - 29 May 2015 03:23

welcome, after tonight i will have 1 day clean. I'm not here long enough to give you great advice but i just felt i needed to tell you that I'm here for you and iyh together we can stay clean.

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With the help of GYE and fellow yiddim I will be mazliach.

Re: Introducing Myself

Posted by cordnoy - 29 May 2015 03:31

Welcome,

(Feeling very afraid to post this)

I'd be afraid as well....not to post about the porn, but about the 120 years.

Hey bro! We are all here not because we have nowhere else to go; as a matter of fact - there are many places that are a lot funner. We are here for bad stuff was/is a part of our life.

Today is today, and that is what we need to deal with; not yesterday (for that is gone) and not tomorrow (for that is none of our ***** business).

b'hatzlachah

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Re: Introducing Myself
Posted by serenity - 29 May 2015 05:14

Welcome to GYE! Thanks for posting.

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Re: Introducing Myself
Posted by Palti-Yossef - 29 May 2015 06:52

Wowchizuk, love this name ! No need to ask you if you've already check-in for chizuk email I guess..

Anyway thank you for posting, this is already a great achievement !

As Mr. Cordnoy said, today should be our only preoccupation and you'll be impressed by the results I promise !

Do not hesitate to share with us whatever you want and open up to the GYE tools at your rhythm.

Hoping to hear about your progress soon !

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Re: Introducing Myself
Posted by gibbor120 - 29 May 2015 15:37

WELCOME! You have come to the right place. Check out the handbook. Keep on posting. It's . It gets easier. You are among friends that know exactly what you are going through.

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Re: Introducing Myself
Posted by shlomo613 - 29 May 2015 15:41

Gibbor,

What you gonna do to celebrate your 4000th post?

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scary at first, but that was almost 4,000 posts ago

Re: Introducing Myself
Posted by Gevura Shebyesod - 29 May 2015 17:24

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Re: Introducing Myself
Posted by gibbor120 - 29 May 2015 17:33

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Re: Introducing Myself
Posted by Hatzileini Na - 31 May 2015 06:21

Welcome aboard! You are amongst friends here. Just a bunch of people trying to improve their

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Re: Introducing Myself
Posted by farva - 01 Jun 2015 05:18

I just joined gye last week and already felt a huge weight lifted off my shoulders im in the same boat and am struggling to stay afloat only together can we beat the yetzer hara, now i feel lives - you know, light simple stuff. Others are helping me and want the best for me which gets me out of the dark lonely place i can put myself in. And iyh keep clean

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Re: Introducing Myself
Posted by onwardalways - 01 Jun 2015 15:25

Hi,I'm new to the group but not to 12 step programs. I've been in and out of OA for years. I'm wondering if anyone has any thoughts about the connection between the desires for lustful pleasure and the desire/addiction to food. I remember their being some connection, with them both being based on the midah of Yesod. I have this feeling that if could get one of these under control the other one would fall into place too. Anyone?

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Re: Introducing Myself
Posted by TalmidChaim - 01 Jun 2015 15:33

I've wondered that myself about other addictive tendencies. It makes sense that there's a connection: it's a chemical imbalance in our brains, and we're wired for excess, basically.

I could tell you from experience that when I work on one aspect of self-improvement, I find myself falling in another. It might be related to my all-or-nothing perspective on things, or maybe it's just a pattern with addicts. How that plays out with recovery groups, I don't know. If the question hasn't been addressed already in a separate thread, I'd be interested in seeing one started.

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Re: Introducing Myself
Posted by gibbor120 - 01 Jun 2015 19:32

Welcome to you both. Why not start your own threads in the "introduce yourself" section? It's nice to have you with us.

If an addiction is the "answer" to a "living problem", it makes sense that multiple addictions can have the same root. They are the "answer" to the "living problem", albeit a very bad answer.

I look forward to hearing more from you both!

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Re: Introducing Myself
Posted by serenity - 01 Jun 2015 19:58

Both are utilizing a natural instinct for an unintended purpose. The unintended purpose is to act as our poor and ineffective solution to our problems.

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