

Hi I'm new.

Posted by AdamInNJ - 18 Jun 2015 14:40

Hi. I'm new here.

I am really struggling. I am married, with 1 child. My wife doesn't know about my addiction but it still hurts my relationship. And my job is really hard. I can't concentrate on what I'm suppose to do because I'm busy on my phone. And busy watching no one should see what I'm looking at.

I really hope I will be helped here.

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Re: Hi I'm new.

Posted by gibbor120 - 22 Jun 2015 19:28

Did you start masturbating before or after this "relationship"? How did you find this girl? Online? Did your issues start with this girl? There is a lot missing here. Hatzlacha!

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Re: Hi I'm new.

Posted by AdamInNJ - 22 Jun 2015 20:36

hi again.

first i want to thank everybody for the chizuk. it feels really good that i have friends who understand me and are here to help me with my struggle.

i started the 90 day chart and i'm now at day 5. i know its not much. but i hope its a start that will lead to big numbers.

just got a partner who i'm emailing daily and gives a great push.

thanks again.

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Re: Hi I'm new.

Posted by serenity - 22 Jun 2015 23:43

It's much. God loves you chaver.

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Re: Hi I'm new.

Posted by yiraishamaim - 23 Jun 2015 02:49

5 days and a partner.

GOOD STUFF!

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Re: Hi I'm new.

Posted by Pidaini - 01 Jul 2015 13:10

Hey there Adam, how's it going?

KOP brother, it helps for everyone involved!

KOMT!!

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Re: Hi I'm new.

Posted by AdamInNJ - 01 Jul 2015 20:51

Hi again.

Can't believe i'm at 14 days clean.

it gives so mush hope and courage seeing the number go up every day.

every time i feel something bad is gonna happen i just login and hit "i'm still clean" and makes everything so much easier.

Thanks again.

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Re: Hi I'm new.

Posted by dd - 02 Jul 2015 00:11

Hi AdaminNJ!!!

Keep Up The Good Work!!!

and....

Keep On Posting!!!!

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Re: Hi I'm new.

Posted by admor - 08 Jul 2015 20:49

I saw a beautiful line from Rabbi Biderman it has helped me, this is it

It says

Shmor li voeshmor loch - Guard what is mine and I will guard what is yours

Meaning Hashem rests his Shechinoh in a persons eyes - So guard ME (Hashem) and then in return Hashem says 'I will guard what you need guarding!'

We need our health parnosos children guarded every moment - all you need to do is to guard Hashem (your Eyes) and you are sorted!

I believe in this - and so do you! otherwise we wouldnt be struggling with our eyes so much! It is only through our eyes do we get the much needed syiatoh Dishmayoh

Hatzlohco Rabboh

N.B. (maybe put on your screen saver 'shmor li...)

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