

Starting up

Posted by abd297 - 23 Jun 2015 20:04

Hi, I'm just starting up on the site. I'm in yeshiva and have been struggling with masturbation for many years. I am very overwhelmed trying to navigate through all of the site's resources. I'm not really sure where to go after signing up. I just want to get involved with everything I can and get all the help possible.

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Re: Starting up

Posted by abd297 - 20 Apr 2016 01:16

Still hanging on. Really stressed out at home. Made a deal with my partner that I'll at least text my rebbi by tomorrow night. I'll take things from there but I need to at least get things moving so the eventually happen.

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Re: Starting up

Posted by realsimcha - 20 Apr 2016 01:36

[abd297 wrote on 20 Apr 2016 01:16:](#)

Still hanging on. Really stressed out at home. Made a deal with my partner that I'll at least text my rebbi by tomorrow night. I'll take things from there but I need to at least get things moving so the eventually happen.

Hey, look what it says next to your name: 22 days. Hard fought days of sobriety. Winning days. Win today as well. You have it in you. Just today. [and yes, say the same thing tom.]

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Re: Starting up

Posted by abd297 - 20 Apr 2016 03:52

Thanks for the support. I just feel that I'm missing a big part of recovery. For me, streaks are just things that fuel my perfectionism. They need to be propelled by real recovery tools like group support, counseling, and the like. Sneaking off once in a while to go on GYE doesn't cut it.

Now that I have a partner its a step in the right direction but I need more.

Thats why I want to include my rebbi. He'll at the very least be there to give direction. At least I'll know that I'm making progress and that I'm not completely alone. It'll be a tool that's more real for me. There is a ton of great things about anonymous long distance stuff but it's a little abstract to be the sole recovery tool.

Just looking for some last minute comments or advice before I inform my rebbi that we need to seriously sit down and talk about my lust issues. Thanks!

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Re: Starting up

Posted by markz - 20 Apr 2016 04:18

I like your plan, and the last line of your signature

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Re: Starting up

Posted by abd297 - 20 Apr 2016 04:21

Does anyone have any serious thoughts or concerns before I involve my rebbi? Mainly my new concern is me now being in his house and being the dorm counselor. See my previous posts.

Not sure, just trying to tie up the loose ends.

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Re: Starting up

Posted by Aryeh821 - 20 Apr 2016 14:16

Let us know how it went

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Re: Starting up

Posted by abd297 - 20 Apr 2016 15:21

I'm just going to text him and let on a little to what the subject will be and see how things go from there. I keep falling into the perfectionist, over thinking, needing to be fully in control mode.

Its really not in my hands at all so I'll just let go and let Hashem guide me through. It has always worked out that way. It just needs a little work to get to that place every time.

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Re: Starting up

Posted by Workingguy - 20 Apr 2016 16:10

[abd297 wrote on 20 Apr 2016 15:21:](#)

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Its really not in my hands at all so I'll just let go and let Hashem guide me through. It has always worked out that way. It just needs a little work to get to that place every time.

If you're doing it, just jump in and go for it. Being in limbo has got to be hard

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Re: Starting up

Posted by abd297 - 20 Apr 2016 18:17

For me, I've been in limbo for the past year. Doing this will be a huge jump for me. I think I can do it in way that will get the message across clear enough that it sets up a good situation to fully jump in. If it doesn't work I'll have to just go straight up.

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Re: Starting up

Posted by abd297 - 21 Apr 2016 21:19

Just for the record on my own thread, I did text briefly with my rebbi. I said that we need to sit down and talk seriously about a problem that I've been struggling with for a long time. He said he'd love to sit down and try to help. I think this was a good set up.

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Re: Starting up

Posted by Aryeh821 - 22 Apr 2016 02:48

[abd297 wrote:](#)

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Sounds Awsome keep us updated

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Re: Starting up

Posted by inastruggle - 22 Apr 2016 03:15

Nice, you're inspiring me to finally do the right thing and tell my rebbi. I plan on doing it after pesach.

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Re: Starting up

Posted by markz - 22 Apr 2016 03:22

Some guys say "Rebbi Shemiras Einayim is a struggle"

He will guide you to sefarim that will not help you get out off the world of lustaholicsm

(that's what I learnt from Dov)

If you're looking for true assistance, do yourself a favor and be honest what your struggle is about

There will be 3 reactions

1] He says "Go to hell you sheigetz", as a bachur recently mentioned. Tell him Rabbi Mark has reserved a front row seat there for him

2] He will be the perfect advisor for you

3] He will guide you in the right direction

So it's a win win win situation, no?

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Re: Starting up

Posted by Workingguy - 22 Apr 2016 03:28

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Rebbeim still say number one? I thought that was out of style.

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