ok- here is goes
Posted by change_myself - 25 Jun 2015 06:21

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ok- here i am. i am 22, single, and in college.

ive been struggling with this beast since i was 12 or 13, possibly younger.

even when i dont have access to internet, when im alone with myself and my imagination, it doesnt really matter.

the only time ive tasted sobriety was when i was in yeshiva. when i left, i was very scared i would fall back in, and i did.

i am very thankful to the members of the forum who make it possible that strugglers can band together to fight this together. even though i am new to the forum and havent experienced it personally, i can understand how powerful that medicine is

i hope that i can stay sober today

one more thing

i also am looking for a phone partner to keep in touch with daily so that we can overcome this thing together. someone who is serious about torah lifestyle and about being happy and overall quality living. if anyone is interested pm me

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Re: ok- here is goes
Posted by gibbor120 - 25 Jun 2015 18:28

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WELCOME! You have come to the right place. Start with the handbook. Post on the forum. Make yourself at home. You are among friends.

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Re: ok- here is goes
Posted by Pidaini - 25 Jun 2015 18:41

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Welcome to GYE!!

My story is very similar (and many others are as well), 12 years old, had internet connection, but even when I was in Yeshivah in Eretz Yisrael with no internet access whatsoever I was able to use my imagination plenty!

One of the most important tools that ever helped me stay sober for longer periods is to keep in touch with like-minded friends, friends that aren't judgmental, friends that understand what I'm saying and what I'm not.

KOP!! KOMT!!!

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Re: ok- here is goes
Posted by abd297 - 25 Jun 2015 20:53

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I know exactly what you're going through. I'm also on a journey to find freedom and peace of mind. Try to immerse yourself in the forums and get involved with any other resources you can. We're all in this together. We have your back. Keep in touch.

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Re: ok- here is goes
Posted by cordnoy - 25 Jun 2015 22:30

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Welcome

Nice first step.

What's next?

Bhatzlachah

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