

help

Posted by shmulke - 22 Jul 2015 21:49

I have been having trouble the past couple weeks i have been looking at porn and its really hard for me to stop at the moment and i just turned 23 years old and i am currently single right now and i keep thining about women and its really stressing me out. Also i feel like starting to date but nervous to bring the topic up to my father so i am not sure what to do someone please help me thank you because i am going trough a difficult time at he moment so please help me.

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Re: help

Posted by gibbor120 - 28 Jul 2015 18:27

Good. Has it been helping?

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Re: help

Posted by shmulke - 28 Jul 2015 18:30

yes defiantly it has i can relate to others and know that others have the same issues i have so in that regards it is helping me.

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getting back on track

Posted by shmulke - 14 Oct 2015 14:14

it's been a really long time since i posted on my thread i just want to let everyone know i have been doing well and that i have not falling in a about 2 moths i just started the 90 day chart i did not know about it up until yesterday and i have one day clean on it and hope to be able to continue that streak and keep staying strong and staying clean. Just want to let everyone know thanks for all your support you have giving me i am really appreciative of that thanks so much hope people reply back to me thank you!

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Re: help

Posted by Mesayin - 14 Oct 2015 14:42

[shmulke wrote:](#)

not sure i am still feeling some stress and allot of anxiety. some of this stuff is from being bored at work ll the times and that has a play in everything i am saying.

Hey Shmulke keep it goin'.

As I can recall I remember having a similar issue with boredom, I was trying to rack my brain trying to figure out what I can do with my time.

Land"t I think the issue is that when one has lust, nothing else interests him there is nothing else in the world that will satisfy his boredom other than acting out.

I think the best idea is in this situation is first to be clean for a while and 'then' try to figure out what hobby or whatever to do throughout the day.

There is a chazal that states ?????? ?????? ?????? ??????.

Obviously prayer is key to all, we should all pray to not be bored and pray to overcome this Y"H.

Chazak v'emutz!!!

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Re: getting back on track

Posted by cordnoy - 15 Oct 2015 11:18

[shmulke wrote:](#)

it's been a really long time since i posted on my thread i just want to let everyone know i have been doing well and that i have not falling in a about 2 moths i just started the 90 day chart i did not know about it up until yesterday and i have one day clean on it and hope to be able to continue that streak and keep staying strong and staying clean. Just want to let everyone know thanks for all your support you have giving me i am really appreciative of that thanks so much hope people reply back to me thank you!

That's great news.

Any special way that you accomplished that?

Please share.

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Re: help

Posted by shmulke - 15 Oct 2015 11:45

well i just started talking and writing to people on gye and typing just on my own about things which helps me get my own emotions out and i look back at those things and say what can i accomplish so from negativity and acting out and can work on myself and create a positive environment for myself!

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Re: help

Posted by cordnoy - 15 Oct 2015 14:50

[shmulke wrote:](#)

well i just started talking and writing to people on gye and typing just on my own about things which helps me get my own emotions out and i look back at those things and say what can i accomplish so from negativity and acting out and can work on myself and create a positive environment for myself!

Bh

Keep it up!

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Re: help

Posted by shmulke - 15 Oct 2015 15:29

thanks!

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