

hello

Posted by goodchange613 - 21 Sep 2015 04:32

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hello everybody and

a gmar chasimah toivah to all.

iv'e been clean for a full week and it feels so good! just the way i wanted to start the new year.  
just hoping and davening that with the resources and support from gye it will last.

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Re: hello

Posted by Hatzileini Na - 21 Sep 2015 04:36

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Congrats on a great week!

With Yom Kippur this week, and Sukkos next, your schedule will likely be different than usual  
(and the Yetzer Hora loves to attack after Yom Kippur when we are feeling nice and clean).

Maybe take a few minutes to think back to previous years and strategize how to handle the  
change so you are prepared (and as I type that, I'm making a mental note to do the same... it's  
one of the reasons posting here is so valuable. We are all better at giving advice to others than  
to ourselves, but sometimes once it's typed, we end up reading it and realize we should

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Re: hello

Posted by goodchange613 - 21 Sep 2015 04:43

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wow thanks for the reply, really makes me feel connected.

yeah i just started the 90 days seeing how people have gone for YEARS without a fall is so  
inspiring. hoping that will be me in good time!!

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Re: hello

Posted by goodchange613 - 21 Sep 2015 04:54

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a bit of history:

-23 married for 3 years with a beautiful 2 year old daughter

-saw porn for the first time at 20 ( amazing how i've never forgotten that first time)

-was pretty good up till this past year when i started masturbating and really looking at lots of filth

that's basically it, b'h i discovered this site so quickly and I'm hoping to turn things around

You guys are amazing

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Re: hello

Posted by cordnoy - 21 Sep 2015 10:37

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Welcome

Great news!

Keep it up!

B'hatzlachah

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Re: hello

Posted by AlexEliezer - 21 Sep 2015 17:38

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That's kinda a unique story, starting at age 20.

Baruch Hashem you now have the tools at your disposal to release yourself from this prison.

I find it helpful to look at each nisayon, each temptation, as the only thing I have to deal with. I just have to get through *this*. It happens to be the truth.

Much hatzlocha!

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Re: hello

Posted by abd297 - 21 Sep 2015 17:58

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Welcome. You show great strength by seeking out help from others. It took me years to finally convince myself to get help. Immerse yourself in all the resources you can. Find what works for you. Good luck! Keep us posted.

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Re: hello

Posted by goodchange613 - 21 Sep 2015 18:13

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thank you all so much for the kind words!

I can't tell you all how much this support here has boosted my feeling as being part of a community all working to the same goal. It's amazing how a few words from you guys really strengthens my resolve not to slip, it's like they say how the bad thrives in the dark, well these forums are an amazing light for me.

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Re: hello

Posted by goodchange613 - 25 Sep 2015 19:51

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made it 10 days!

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Re: hello

Posted by AlexEliezer - 25 Sep 2015 19:57

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too awesome!

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Re: hello

Posted by abd297 - 25 Sep 2015 20:00

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Mazel Tov! Just keep pushing one day at a time.

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Re: hello

Posted by serenity - 27 Sep 2015 03:45

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Welcome and hatzlacha!

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Re: hello

Posted by goodchange613 - 27 Sep 2015 05:36

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Thanks for the support!

I wanted to wish a chag kasher vsameach, a beautiful, clean and spiritually uplifting yom tov to everyone!

You guys are the best

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Re: hello

Posted by markz - 27 Sep 2015 18:05

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GC613 You're trucking great vrrrrroooooom!

Can you share what tools you are finding are most beneficial to your 'healing'. What cranks your big rig?

GYT!!

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Re: hello

Posted by goodchange613 - 27 Sep 2015 19:09

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thanks markz

could be it's just being new here, but for me just hanging around on the forums and feeling connected has been the biggest help. Im also doing the 90 days which is a great motivator.

On to day 13!

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