

GYE - Guard Your Eyes

Generated: 14 April, 2025, 22:11

New to the forum, 'old' to the struggle.

Posted by m58yiw84niym - 25 Sep 2015 01:59

Hello everyone.

I can't believe I'm actually getting around to writing this here. I always thought (hoped?) I'd be able to overcome this on my own, but realizing now that I just need a bit (a lot?) of help from the outside.

I don't have the time now to write up a full 'bio' (which I'd probably still leave as vague as possible), but I wanted to get around to actually writing on the forum. I have a chance now to 'bite the bullet' and write on the forum, so I'll at the very least get started now.

I've been addicted to porn and masturbation (wow, can't believe I just wrote that on a public forum. Still won't believe it even after I hit the submit button) for about 10 years. What's scarier about that number is the fact that it's almost half of my total age... In the past I've tried to break free, and I think the longest I've ever really gone was about a month.

So here goes. Hitting the submit button and there's no turning back...

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Re: New to the forum, 'old' to the struggle.

Posted by markz - 25 Sep 2015 02:20

Welcome my friend, sorry I'm having a hard time pronouncing your name.

[m58yiw84niym wrote:](#)

realizing now that I just need a bit (a lot?) of help from the outside

What you just wrote here is gold! If you internalize it, you may be halfway to recovery already!

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Re: New to the forum, 'old' to the struggle.
Posted by serenity - 25 Sep 2015 03:04

Welcome!

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Re: New to the forum, 'old' to the struggle.
Posted by AlexEliezer - 25 Sep 2015 17:28

Yasher Koach for taking the plunge and welcome!

OK what's the plan? And why do you want to stop?

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Re: New to the forum, 'old' to the struggle.
Posted by gibbor120 - 25 Sep 2015 18:28

WELCOME! MAZAL TOV on taking the first and very important step. You said it "there is no turning back". We are here to listen. Help when we can. Give advice, chizzuk, do a fair amount of joking around.

I remember being nervous the first several times I posted, now I have over 4k posts!

Read the handbook. Read and post on the forum.

We know what you are going through. You are not alone.

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Re: New to the forum, 'old' to the struggle.
Posted by m58yiw84niym - 27 Sep 2015 20:39

Thanks for all the words of support and encouragement! I do plan on spending a bit more time here in the future (particularly to address AlexEliezer's questions; they seem pretty important and topical), it's just a bit hectic this time of year (I plan on checking in on Thursday). Just wanted to check in to let you guys (read: myself) know that I'm here to stay until the battle is 'won', and I'm not just posting once and never showing up again.

My only regret is that I need to reset my clean streak again, after I was doing so well...

At least there's a Yom Tov coming up. It's crazy how it works, but while there are some days I can't seem to stay away from the bad stuff, those days (Baruch Hashem) never seem to come on a Shabbos or Yom Tov...

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Re: New to the forum, 'old' to the struggle.
Posted by goodchange613 - 27 Sep 2015 20:54

Welcome!

chag kasher v'sameach and a happy, clean yom tov to you!

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Re: New to the forum, 'old' to the struggle.
Posted by cordnoy - 01 Oct 2015 16:59

male 58

young israel woman 84

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male?

welcome again

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Re: New to the forum, 'old' to the struggle.
Posted by Gevura Shebyesod - 01 Oct 2015 17:28

Married 58 Years, Interesting Woman. 84 Next Indian Year, March

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Re: New to the forum, 'old' to the struggle.
Posted by cordnoy - 01 Oct 2015 18:29

[Gevura Shebyesod wrote:](#)

Married 58 Years, Interesting Woman. 84 Next Indian Year, March

Speakin' of Indian years, we are now in Manmatha, which happens to be the 29th of the years, and two of them would be 58.

So perhaps married 58 years actually means 29.

Continuin' on, he is obviously married to an Indian woman.

New Indian year will begin on 8/4, which happens to be the month of kartika, which is followed by argahayana.

All written with my left pinky.

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Re: New to the forum, 'old' to the struggle.
Posted by markz - 01 Oct 2015 19:27

M58 Is trying to hide his identity. He must be someone famous.

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Re: New to the forum, 'old' to the struggle.
Posted by m58yiw84niym - 02 Oct 2015 02:59

You guys were pretty close, "m58yiw84niym" is actually short for "hitting the keyboard randomly with my fist", I'm just really bad at acronyms...

Although thanks to you, Gevura Shebeyesod, I no longer need to copy and paste my username

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