

Re-introducing myself

Posted by shomereyni - 19 Nov 2015 11:47

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I first heard about GYE about 5 years ago. At the time I was starting to become frum and was really struggling with p\*\*nography addiction. I introduced myself somewhere on the forum around that time, but BH things have changed and I'm in a much different position, and I'd like to get advice on how I should proceed now

Mainly through the daily chizuk emails (which were not read even close to daily by me) and my own taphsic method, I have BH gotten the addiction more under control. Whereas two years ago I was nichshal probably 3-4 times a week, now down to about once every 2 months or so.

My question is: How should I view myself? Am I an addict? While all the work that's been done on GYE is incredible and has save mine and many other lives, at times I can find it all overwhelming. Should I be going to meetings? Do I need a sponsor? Phone conference?

I've been meaning to write this post for months ago, and Baruch Hashem I finally got the koach to do it!

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Re: Re-introducing myself

Posted by Gevura Shebyesod - 27 Nov 2015 04:05

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On my phone (iPhone 6, K9 browser) the link works, but it doesnt display properly unless i turn the phone sideways. And the links within the document don't work either but i can scroll down to read the answers.

I guess because, as Mark seems to have also figured out, that it's an embedded link to a Google Doc.

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Re: Re-introducing myself

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Posted by mike dupont - 27 Nov 2015 12:00

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I recognize myself somehow in this thread; I'm sober now just under 100 days (with 1 slip though).

My wife knows about it (she found out but that's the best thing which could have happened to me) and I go to a therapist which integrates the 12 steps.

From time to time I also face these questions (what happened to me, what's next...) but at the end of the day I realize -and accept- that the 1 day a time concept actually is the answer to everything.

It's basic emuna; Hashem takes care of everything and we're just passerby's in his grand scheme.

Can you understand the rest of life (health, politics...)? Does everything make sense as we think?

Probably not but that's ok since we don't have to. Same things apply to addictions.

Good luck and git shabes

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Re: Re-introducing myself

Posted by yiraishamaim - 27 Nov 2015 17:09

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Great Post

So happy for you

Gut Shabbos

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Re: Re-introducing myself  
Posted by markz - 28 Nov 2015 23:59

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[markz wrote:](#)

OMG

this is full of great stuff!!!

I been trying to access it on my iPhone - it doesn't open that page correctly - just gives me blank page.

I checked now on my PC and it's A M A Z I N G

Sorry for maching you meshigge!!!

KOT

Im testing this link [HERE](#) for iPhone

ATTENTION ALL iPhone users, you can read BigMoish's great Skep FAQ

[HERE](#)

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