

I'm here!

Posted by GuideMe - 15 Jan 2016 02:50

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Hello! i'm from 'Eretz Hakodesh'. i'm almost 18 now, studying in a Yeshiva and i'm struggling with mustabation & porn use on a daily basis.

so... there are probably mistakes in this post...

B'h i'm posting and reading on the hebrew forum for a while now. i even went to a 12 steps group in israel. it was great!

i've tried to stop in the past, but nothing really worked out.

now, i'm starting to believe more and more that i'm suffering from an addiction. and that the 12 steps program is the solution.

My English is not very great,  
but even if it's not, I need to trust HKB"A to **guide me** to the right place for me.

but i can read & understand pretty good, so i hope it'll be ok  
Baruch HaShem I'm now clean for 6 days!

I wish you all Shabbat Shalom and a clean day!

BTW, if there's any hebrew speakers in the crowd - fell free to talk to me!

and make sure you join (if you didn't already...) the [GYE forum in hebrew](#). there's lot of great guys there!

Kol Tuv!

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Re: I'm here!

Posted by TalmidChaim - 24 Jan 2016 20:11

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[GuideMe wrote:](#)

Thank you guys! hoping for one more clean day...

You're a fast learner! That's a very advanced insight, really! It's one that took me the better part of a year to figure out!

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Re: I'm here!

Posted by GuideMe - 26 Jan 2016 18:38

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[TalmidChaim wrote:](#)

[GuideMe wrote:](#)

Thank you guys! hoping for one more clean day...

You're a fast learner! That's a very advanced insight, really! It's one that took me the better part of a year to figure out!

Thanks Chaim, but actually i'm around here for a while now on the forum in hebrew. (more then )

but honestly, i can't say i'm actually feeling the "ODAAT" 100%. i'm trying to remember to focus only on the next day. for example, now i'm on my 17th day. and my mind wants to imagine the 'one month'! but i'm trying to think only on the 18th day. For today, i don't have to use.

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Re: I'm here!  
Have a (at least one) clean day!  
Posted by TamiidChaim - 26 Jan 2016 19:49

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Yeah, I know what you mean. Everyone says, "one day at a time," but in practice, it's not an easy thing to do. I think using that sort of thinking also has some disadvantages, but they're far less than the alternative: thinking only about the future, and your next goal. That's what keeps me down, constantly seeing myself as 90 days clean, even sober. It's a crutch. It's a way of skipping all of the hard self work and discipline and recovery, and just arriving at a new and better me. When you think about it, living in the future is really just another coping mechanism (like lust addiction). We need to get down and dirty with recovery, and that means doing it day by (grueling) day, if need be.

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Re: I'm here!  
Posted by GuideMe - 27 Jan 2016 18:54

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Thank you very much Chaim.

I feel on the edge. i really want to use. i already spoke with two friends about it but i still really want it... please Hashem save me from myself! i'm helpless

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Re: I'm here!  
Posted by GuideMe - 28 Jan 2016 13:58

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I fell after 19 days

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Re: I'm here!

Posted by Gevura Shebyesod - 28 Jan 2016 14:17

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In other words, you succeeded for 18 days. Now pick up, dust off, and get back in the truck!

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Re: I'm here!

Posted by cordnoy - 28 Jan 2016 14:24

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[Gevura Shebyesod wrote on 28 Jan 2016 14:17:](#)

In other words, you succeeded for 18 days. Now pick up, dust off, and get back in the truck!

And durin' those 18 days, there were probably hundreds of success moments.

B'hatzlachah

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Re: I'm here!

Posted by GuideMe - 28 Jan 2016 17:45

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Thank you guys. Hashem yevarech etchem.

i had (what is think is) a tough call with my sponser.

he said i didn't suffer enough... (and that is way i don't give up lust.

i feel like i don't want to give up porn & masturbation. and i'm helpless about it.

Help me Hashem!

i'm powerless without you

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Re: I'm here!

Posted by cordnoy - 28 Jan 2016 17:59

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[GuideMe wrote on 28 Jan 2016 17:45:](#)

Thank you guys. Hashem yevarech etchem.

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he said i didn't suffer enough... (and that is way i don't give up lust.

i feel like i don't want to give up porn & masturbation. and i'm helpless about it.

Help me Hashem!

i'm powerless without you

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Re: I'm here!

Posted by GuideMe - 28 Jan 2016 22:41

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Yeah my sponsor telling me "Don't wait for feelings"

but taking actions is not easy... i did try to call before... but i didn't really give it up. i didn't want to.

i didn't tooke enough actions.

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Re: I'm here!

Posted by Shlomo24 - 29 Jan 2016 00:45

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My sponsor has told me that when I don't feel willing to work a program I should ask god to grant me willingness. But I think I need to, "want to want," in order for it to work.

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Re: I'm here!

Posted by GuideMe - 01 Feb 2016 14:29

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Shlomo, i think that even if you don't "want to want" you can ask G-d to help you with that too.

there must be a part of you that do want to be clean. and the prove for that is that you're still here.

as for me, i just had a fall. as you can probably imagine, i'm not feeling great right now...

Need some help from above

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Re: I'm here!

Posted by Shlomo24 - 01 Feb 2016 17:34

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I will rephrase it then. It is illogical for me to think that god is going to take away my obsessions if I am still holding on to them. My efforts will be futile if while asking him to remove them I am still clenching them close. I need to let go and then let god. Many times I struggle with this, that is where I ask god for him to give me the willingness to let go.

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Re: I'm here!

Posted by GuideMe - 01 Feb 2016 19:12

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[Shlomo24 wrote on 01 Feb 2016 17:34:](#)

Many times I struggle with this, that is where I ask god for him to give me the willingness to let go.

Wall said. thank you

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