

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 wantoimprove - 03 Feb 2016 21:28

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GuideMe, don't forget that your 29 hour clean streak is not the same as the 1st 29 hrs. being

clean: you have 29 hours of being clean AND 18 clean days behind it.

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Re: I'm here!

Posted by GuideMe - 06 Feb 2016 18:37

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I like what Shlomo wrote, "Let go and then let G\*d."  
One day, one day I will give up lust.

In the meantime, I give up to lust.

only Hashem can save me

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Re: I'm here!

Posted by markz - 07 Feb 2016 00:04

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My friend, are you perhaps obsessing too much?

Having that banner "Record 19 days" can do more bad than good, This is my experience

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Re: I'm here!

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Posted by Shlomo24 - 07 Feb 2016 15:10

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I second that. When my sobriety was focused on the days accumulated it wasn't very pleasant. I try to focus one day at a time and that is it. Which is why I only have "1 day" for my sobriety even though I have more then that. I don't believe that this is a race or that we are trying to get a new record. Although one of my sponsors said that there should be a goal in mind of gaining more days then previously accumulated. I don't agree but I guess there is a mehalach that way. Whatever works for you.

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Re: I'm here!

Posted by GuideMe - 10 Feb 2016 22:12

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Thanks guys. i need to focus on 'ODAAT'

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Re: SA!

Posted by GuideMe - 05 Apr 2016 00:56

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Hey folks!

i'm happy to tell you that i'm now an SA member (but i'm, still going to GYE meetings)

i thank G-d for the willingness to go to live meetings. i should not take it for granted!

as for today (no one knows what will happen tomorrow) i'm going to about 3-4 meetings a week

we have (in israel) 3 GYE meetings every week, i usually go to one of them every week on mondays.

i'm in a bit confusing stage in my recovery.

I thought I clarified that question (sort of...), but now she pops again: am i an addict? maybe i have a different mental problem?

i ask G-d to show me the right way for me.

And perhaps, if he brought me here, just for today, this is the place for me?

i ask him for the courage to change the things I can, (like taking a sponser)

the serenity to accept the things I cannot change

And wisdom to know the difference.

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Re: SA!

Posted by Shlomo24 - 05 Apr 2016 04:26

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Good for you!

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Re: i don't have the willingness

Posted by GuideMe - 01 May 2016 22:09

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Hi guys, it's been a while.

writing in english is not that easy for me...

anyway, i'm in live groups for a few months now, and still doesn't actually work the program.

i beg G-d to give me willingness to take a (new) sponsor and start in baby steps just for today, one day at a time.

but i also feel like i don't want to stop. acting out used to hurt so much and now it's just *another* thing in my life

Please God. I beg you!

i can't do it by myself

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Re: i don't have the willingness

Posted by markz - 02 May 2016 22:40

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[GuideMe wrote:](#)

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i can't do it by myself

How's today doing??

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Re: i don't have the willingness

Posted by GuideMe - 03 May 2016 00:44

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[markz wrote on 02 May 2016 22:40:](#)

[GuideMe wrote:](#)

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Please God. I beg you!

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How's today doing??

Hi Mark thank you so much for stooping by. Means a lot to me.

Anyways, when i actually share that i don't have the willingness and pray, sometimes then G-d brings the willingness.

I feel hope for me to start work the steps. I had a busy recovery related day. Two groups and phone calls and i even went to grab a bite with 4 guys from the group.

But even so, i still acted out about 20 minutes ago.

I beg god to give me the willingness to give it up cuz it's very hard for me to do so.

I beg him to please let me understand how bad lusting is for me.

Tnx for dropping by!

How r u?

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