

new member

Posted by jeffreal - 17 Jan 2016 16:17

Hi I just joined.

I'm not sure where to start

Cld anyone help??

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Re: new member

Posted by Shteeble - 17 Jan 2016 16:26

Hi!

Welcome to GYE!

You can start by reading the GYE Handbook.

You can download it here: [handbook](#)

Also, post a little bit about your situation here, so people can start relating and helping.

Just keep out info that might put your anonymity at risk.

Good luck!

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Re: new member

Posted by BenTorah.BaalHabayis - 17 Jan 2016 16:26

Welcome to GYE. You may want to share your story so people here can point you in the right direction. Don't be ashamed to share your struggles - you joined a wonderful chevra of non judgemental people who can all relate to your struggle from their own experiences.

A good place to start is reading the GYE Handbook and participating in the forum discussions.

I'm hoping we can get to know you better (anonymously of course).

Hatzlacha!

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Re: new member

Posted by markz - 17 Jan 2016 16:36

Welcome!

Fill up your truck, and let the wheels spin!

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Re: new member

Posted by cordnoy - 17 Jan 2016 17:42

Welcome,

Lookin' forward.....

B'hatzlachah

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Re: new member

Posted by jeffreal - 17 Jan 2016 18:45

Thnx for the support!!!

My story goes as follows.

I've been watching porn and masturbating for at least 6 and a half years I've tried to break out of it on my own at least a dozen times but kept on falling in to the cycle again and again

It got to a point that my social life is getting ruined. I'm taken over by feelings of guilt

That's why I decided to come here and hopefully start climbing out of the mess I'm in!!

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Re: new member

Posted by cordnoy - 17 Jan 2016 18:46

What have you done to try to stop?

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Re: new member

Posted by jeffreal - 17 Jan 2016 18:50

Nothing professional just on my own

But that didn't really last...

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Re: new member

Posted by Shlomo24 - 17 Jan 2016 18:57

What did you do by yourself to try to stop? What are some examples of things that didn't work?

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Re: new member

Posted by jeffreal - 17 Jan 2016 19:19

What I mean when I write "on my own"

it means stopping out of guilt That I know I'm going against hashems will. Especially after I saw what some seforim write about masturbation.

and it was eating me up inside. But after a few days at most my temptation overcame me and I just did it

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Re: new member

Posted by Shlomo24 - 17 Jan 2016 19:22

[jeffreal wrote:](#)

What I mean when I write "on my own"

it means stopping out of guilt That I know I'm going against hashems will. Especially after I saw what some seforim write about masturbation.

and it was eating me up inside. But after a few days at most my temptation overcame me and I just did it

I feel for you. I have definitely been there. But I promise you that there's a light at the end of the tunnel.

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Re: new member

Posted by markz - 17 Jan 2016 19:24

Welcome to the club, i was in the same boat

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Re: new member

Posted by jeffreal - 17 Jan 2016 19:35

Cld u help me

How do I take the first step to a healthy recovery?!

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Re: new member

Posted by markz - 17 Jan 2016 19:43

Step one - install a [GPS](#) in your truck

If you get stuck, give a honk!!!

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Re: new member

Posted by wantoimprove - 17 Jan 2016 19:52

I agree, start with the GYE Handbook.

Keep us posted. B'hatzlacha.

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