

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 BenTorah.BaalHabayis - 17 Jan 2016 21:32

[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

Been there. Done that. For the last almost year and a half before I joined GYE I was trying to stop out of guilt. These taavos are a different animal than most others and different tools are necessary to fight it.

I'm not going to darshen now on what has helped me. I've written about it in snippets through the forum. There's no "quick fixes" for this. There are some deep and fundamental attitudes and perspectives that are necessary to really begin recovering. Every person puts it together for himself based on what he can relate to and speaks to him. I've gained tremendously from what I've been reading in the Handbook and what other members share on the forums. That's why I suggest that you first take some time getting acquainted with the forums, the chevra and the Handbook. Sit back, relax and become part of the group!

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Re: new member

Posted by jeffreal - 17 Jan 2016 21:33

Thank u workingguy I will check them out

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Re: new member

Posted by jeffreal - 17 Jan 2016 21:40

I just wona say I'm amazed at the support and care I got from posting my story

I will read the handbook and iy"h start my 90 day challange as soon as I feel I'm ready!

I'm truly grateful!!!

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Re: new member

Posted by cordnoy - 17 Jan 2016 22:25

[jeffreal wrote:](#)

I just wona say I'm amazed at the support and care I got from posting my story

I will read the handbook and iy"h start my 90 day challange as soon as I feel I'm ready!

I'm truly grateful!!!

I know by me that if I would have waited to stop/start until I felt ready, ummmm, I would still be waitin'.

B'hatzlachah

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Re: new member

Posted by jeffreal - 18 Jan 2016 00:26

I just joined the 90day challenge. I pray to hashem to help me get through this

my first day clean coming up

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Re: new member

Posted by m58yiw84niym - 18 Jan 2016 01:35

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Re: new member

Posted by Bigmoish - 18 Jan 2016 15:29

Welcome. Should be with Hatzlocha.

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Re: new member

Posted by TalmidChaim - 18 Jan 2016 16:33

Welcome! First steps into a larger world of recovery!
We're all behind you and rooting for you!

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Re: new member

Posted by gibbor120 - 18 Jan 2016 16:49

Welcome! Have you read the handbook. The 90 day journey is just a jump start. A spark. If you

don't add some real fuel for recovery, it will quickly go out. Read about some recovery tools in the handbook.

90 days and taphsic are very popular because they are (relatively) easy. Opening up to a real person and sharing our stories is very powerful. Stay out of isolation. Be involved in positive things. And of course, keep posting here.

Many have been helped here if they are willing.

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