Generated: 26 July, 2025, 13:51

Starting anew. again.

Posted by shmirashachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and teshuvah about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked selfesteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a complete fake because I did care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addictionB"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do.I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by shmirashachaim - 29 Jun 2016 22:21

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Haha.. Meant *expanding*, not abandoning. I'm just not sure my soberiety will last being focused mainly on the forums.

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Re: Starting anew. again.

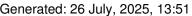
Posted by shmirashachaim - 29 Jun 2016 22:22

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And I didn't understand your last post Markz Are you offering Cord's services? So kind of you
Consider it offered, but I'm not good for SOS calls, unless you allow me to shlep you to a meetin'.
Grab the offer while it's still on the table
GO SHEMIRA GO!
Yeah Boy
=======================================
Re: Starting anew. again. Posted by shmirashachaim - 30 Jun 2016 01:00
Markz wrote:
cordnoy wrote:
shmirashachaim wrote:

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cordnoy wrote:



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GO SHEMIRA GO!
Yeah Boy
Haha
Haha ===================================
Haha  ==================================
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Re: Starting anew. again. Posted by shmirashachaim - 30 Jun 2016 01:08

Generated: 26 July, 2025, 13:51

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Consider it offered, but I'm not good for SOS calls, unless you allow me to shlep you to a meetin'.

Grab the offer while it's still on the table

**GO SHEMIRA GO!** 

GO SHEMIRA GO!

**GO SHEMIRA GO!** 

**GO SHEMIRA GO!** 

GO SHEMIRA GO!

**GO SHEMIRA GO!** 

Yeah Boy

Haha: laughing: Thanks for the rooting! I am B'H ok as of now. Decided to push off the junk for a . Not surfing web either for now. Really have to figure out how to block it and get a better covenanteyes partner. There I am again pushing things off. Thanks Cords for the offer. I assume you're not too shabby at SOS calls, but I'll take advantage (or not? Too hopeful?) in the future. Thanks guys for being there for me! Means a lot to me!

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Re: Starting anew. again.

Posted by shmirashachaim - 30 Jun 2016 01:10

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Workingguy wrote on 29 Jun 2016 22:40:

On a practical level it will be his davening that helps because he's making an effort and wants to change, but there is also a concept of the captive not being able to get himself out of jail.

# Generated: 26 July, 2025, 13:51 Thanks... could attest to that. Re: Starting anew. again. Posted by Markz - 01 Jul 2016 01:03 shmirashachaim wrote: Markz wrote: cordnoy wrote: shmirashachaim wrote: And I didn't understand your last post Markz.. Are you offering Cord's services? So kind of you Consider it offered, but I'm not good for SOS calls, unless you allow me to shlep you to a meetin'. Grab the offer while it's still on the table **GO SHEMIRA GO! GO SHEMIRA GO!** GO SHEMIRA GO! GO SHEMIRA GO! GO SHEMIRA GO!

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GO SHEMIRA GO!
Yeah Boy
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Shemira you had a challenging lust yesterday
For the record this is not the "Just having fun" section
I was serious in my rooting for you
later time Have to do it eventually though
I really feel for you and am not the professional that will tell you which way to go with Cordnoy or Skep
Please keep in touch
AND
KEEP ON TRUCKING
====
Re: Starting anew. again. Posted by inastruggle - 01 Jul 2016 02:56

I just want to congratulate you on telling your rebbi.
Also the way you handled yesterday was super impressive.
Seriously inspired.
====
Re: Starting anew. again.  Posted by shmirashachaim - 01 Jul 2016 04:46
Markz wrote on 01 Jul 2016 01:03:
Shemira you had a challenging lust yesterday
For the record this is not the "Just having fun" section
I was serious in my rooting for you
I really feel for you and am not the professional that will tell you which way to go with Cordnoy o Skep
Please keep in touch
AND
KEEP ON TRUCKING
I appreciate the warmth and acceptance since I got here. Sometimes people need more than

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professionals. And bli neder I will keep in touch Just don't make that too literal and bump me from behind again!
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Re: Starting anew. again.  Posted by shmirashachaim - 01 Jul 2016 04:47
inastruggle wrote on 01 Jul 2016 02:56:
I just want to congratulate you on telling your rebbi.
Also the way you handled yesterday was super impressive.
Seriously inspired.
Follow the leader
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Re: Starting anew. again. Posted by Birshusi - 01 Jul 2016 21:10
Wow.
What a m'chayev, the way you are pushing vyter.
And yet another person who spoke to their Rebbi. I still can't get myself to do it.
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