

hello

Posted by my foot - 08 Jun 2016 18:00

hi every one im new to this whole buisnnes but lemme tell u one thing im awed by all of u out there how u manage to do only the one above knows

ive been exposed to the murky world of sex and pornography at the tender young age of 11 by a so called friend (my foot!!) and since then i am struggling like an idiot for an illness i didnt even know exsited but some how through hashems help i stubbled on to this website and i really hope it will help me overcome this flippin illness thats been strangling me since the 11

my current problems are internet addiction and shmiras eineim i would love to hear what worked for any one and how they came over it

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Re: hello

Posted by Abie - 08 Jun 2016 18:47

Welcome!

You've come to the right place.

With Hashem's continued help, you can make major changes by using all that GYE has to offer.

Did you read the Handbook yet?

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Re: hello

Posted by markz - 08 Jun 2016 18:47

Welcome!!!

Have you read the GPS in my signature?

KEEP ON TRUCKINGGGGG

Some people treat their "my foot" with 12 steps

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Re: hello

Posted by Dov - 08 Jun 2016 19:58

Hope you continue to post and stick with safe people here, chaver

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Re: hello

Posted by my foot - 08 Jun 2016 22:09

no its a very long one i just skimmed it through is there a shorter version perhaps

and guys let me reveal here a thing my username reflects on what i thought when i signed up for this website as in MY FOOT after 10 years im finnaly gonna find help for this problem it just cant be after countless times trying to rectify what ive done and to hope for the futre so that was my attitude when i signed up but now im seriously considering changing my username cause u guys rock !!!

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Re: hello

Posted by markz - 08 Jun 2016 22:17

So your new name is

"My Frock"

Welcome again!

Hey I gave you the shortened (GPS) version, although the handbook had some perspectives and details that a short version can't do justice to

KEEP ON T-ROCKING

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Re: hello

Posted by cordnoy - 09 Jun 2016 00:31

Rectify?

Can't help you with that.

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Re: hello

Posted by BenTorah.BaalHabayis - 09 Jun 2016 01:21

Welcome!

The Handbook may be long, but that's the nature of recovery. Don't expect any tricks which will change you overnight. I think it's safe to say that for most people what has helped them most is internalizing new and healthy attitudes and perspectives. This is something you come to after a lot of reading, sharing and thought.

Hatzlacha!

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Re: hello

Posted by markz - 09 Jun 2016 01:33

[BenTorah.BaalHabayis wrote:](#)

Welcome!

The Handbook may be long, but that's the nature of recovery. Don't expect any tricks which will change you overnight. I think it's safe to say that for most people what has helped them most is internalizing new and healthy attitudes and perspectives. This is something you come to after a lot of reading, sharing and thought.

Hatzlacha!

I came to GYE for instant gratification..

I want to truck, and I want my fix now

Oh well, I guess I'll read 2 pages in the handbook, better than nothing, oh! Right! I see it can be

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Re: hello

Posted by doingtshuva - 09 Jun 2016 10:01
Shucks

From my own experience,

It's not that I don't have the time to do it.....

usually the reason why I don't do something, is because I don't find it important to **me**.

If there is a will there is a way.

best wishes

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Re: hello

Posted by inastruggle - 10 Jun 2016 17:27

This brings up a murky memory of Dov posting somewhere about how if we spend half the time on recovery as we did on lusting we'd be doing great. (or he said something similar, or he didn't day it at all).

Anyway my foot, (your foot? what's the correct way to address you?)

Welcome and keep on posting!

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Re: hello

Posted by skeptical - 10 Jun 2016 17:55

my foot wrote:

ive been exposed to the murky world of sex and pornography at the tender young age of 11 by a so called friend (my foot!!)

Your foot exposed you to all that? That's unusual! Sounds like quite the experience!

my username reflects on what i thought when i signed up for this website as in MY FOOT after 10 years im finnaly gonna find help for this problem it just cant be

Welcome to the club. Look at the name I chose when I signed up to this site almost 4 years ago!

Hatzlacha!

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Re: hello

Posted by doingtshuva - 14 Jun 2016 10:18

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Re: hello

Posted by my foot - 14 Jun 2016 10:37

sorry skeptical but thats pretty discouraging to see that you r here already 4 years and u still have the same name

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Re: hello

Posted by markz - 14 Jun 2016 11:45

[my foot wrote on 14 Jun 2016 10:37:](#)

sorry skeptical but **thats pretty discouraging** to see that you r here already 4 years and u still have the same name
would you choose the same name 4 years later ?

It's actually encouraging as Skep has explained previously, that he had this name, and nevertheless has stuck it out on GYE formidably for soo long.

KUDOS and KARMA to him!!!!!!!!!!!!

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