

I try to get free

Posted by Baal Chessed - 20 Jun 2016 21:18

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Hi everyone

I'm new to GYE and thought that it may be worth it to try to stop my Y'H this way. I have a very strange relation to lusting because I can have weeks without even having the temptation and then again sometimes I masturbate daily for weeks.

My main problem is that I started lusting already as very small kid and used it as a way of Self-Therapy (I had some hard challenges as a kid). When I grew older and understood how chomur the issur is I fell into a depression till I got to a place where I didn't see any purpose to live anymore. I went to therapy for the last 2.5 years and am now a much happier person and have built up a new relationship with Hashem not seeing this world as a big miserable thing where we have to fight against the Y'H and still not getting anywhere, but as a place where we can show our love to our father in heaven by doing our best (sometimes I imagine the Ribono shel Oilom how he crying from naches by seeing our fight).

I hope I will actually find some help on this website and I'm looking forward to finally be able to controll my lust and not the opposite.

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Re: I try to get free

Posted by doingtshuva - 20 Jun 2016 21:49

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welcome

I'm sure you'll find, just stay and stick around.

Start reading the Handbook and go with the flow

best wishes

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Re: I try to get free

Posted by markz - 20 Jun 2016 21:55

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Welcome to **Guard your I's** where many of us have found ourselves, and come to terms with the struggle

**KEEP ON TRUCKING!**

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Re: I try to get free

Posted by cordnoy - 21 Jun 2016 00:18

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Welcome

Recovery should be with hatzlachah.

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Re: I try to get free

Posted by BenTorah.BaalHabayis - 21 Jun 2016 04:06

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Welcome!

There's a lot of food for thought on these forums. You should also go through the GYE Handbook. With Hashem's help you will be able to put together a plan of action for yourself and possibly gain some new perspectives which will help you overcome these challenges!

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Re: I try to get free

Posted by gibbor120 - 21 Jun 2016 16:20

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Welcome! You seem to be well on the road to recovery. Thanks for sharing.

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