

First time

Posted by Joe Beenthere - 28 Jun 2016 07:03

Hi. My name is Joe. I am new here and would like to know how best to continue given the amount of directions and options offered. I am I am in my 40s. I have been struggling with shmiras eynayim since childhood and for the last 20 odd years have been watching porn and doing avevyros by myself. I want very much to stop.

=====

Re: First time

Posted by Markz - 28 Jun 2016 09:17

Welcome

I was in the same pickle as you and had the same question

The answer is here

Start Trucking

Are you in any way related to Mr Bean

=====

Re: First time

Posted by cordnoy - 28 Jun 2016 10:10

Welcome,

That sounds familiar.

Coming here is a great first step.

Sticking around is a nice second.

B'hatzlachah

=====
=====

Re: First time

Posted by inastruggle - 01 Jul 2016 03:48

Welcome Joe.

Has anything helped in the past?

How bad is the issue (daily, weekly monthly)?

What tools have you seen that you think would work for you?

Like cords said, the main thing is to stick around and keep asking questions and keep on posting.

=====
=====

Re: First time

Posted by Birshusi - 01 Jul 2016 13:21

Welcome Joe!

As the other guys said, the first thing is to make yourself at home here, and you'll quickly find lots of good info, ideas and advice to help you get started.

It can be confusing and overwhelming at first, but it gets better one you get used to the site.

Keep On Posting!

=====

Re: First time

Posted by shmirashachaim - 01 Jul 2016 14:11

Welcome Joe! Ditto on everything above.

good luck!

=====

Re: First time

Posted by gibbor120 - 04 Jul 2016 17:16

Welcome! Read the handbook. Keep posting. Tell us some more. It can take a bit of time, but you will find your way around, and find your way to recovery. Stay committed, and never ever give up!

=====