

introduction

Posted by avreich1988 - 13 Sep 2016 07:18

hi i am a respectful young yungerman in kollel doing very well & was always an exeptional bachur. as others i have been struggling since the age 12. b"h never DID anything in person w any1 else but hav seen evrything in magazines & online called chat lines etc. i hav been maturbating since age 12 although i hav had many good months & even zmans. frm a very young age i was always wel aware of all thats written in the sfarim of teh aveira but couldnt hold bak (yes i also know all the chizuk frm the steipler rav volbe etc). i b"h have always worked on myself & jumped bak in 2 learning. however wen i get a hold of computer i wil automaticaly browse porn, nude pics, sex toys, & the like. even though of course my computer is filtered, i wili stii always type such things in & find some images or news sites etc. as well as if i bump in2 a magazine shop etc. i hav often spoken on sex lines 2 both many frum yungerlite & some frum girls we spoke about all & i heard everything, besides listening in 2 nonjews conversations etc. my wife does know a bit that i have a hard time w this... b"h in general i hav no prob & am ingrossed in the sugyos, & often take apon myself 2 learn again all the shmiras enayim kuntresim. however i def hav a real prob (i see something online or end up calling a chat line & i can b stuk on it the entire afternoon seder or instead of my my entire night of chazara etc) i wud love 2 take care of it. i hav even been on GYE in the past but hav fallen again, i have therefore now made a new email & username & hope this time with the help of Hashem & the repliers i will recover from this.

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Re: introduction

Posted by Markz - 13 Sep 2016 11:00

Welcome!

We all been doing these things since our youth...

I don't know for "what works for me" will cut it for you. How far are you willing to go out of your comfort zone to gain real sobriety

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Re: introduction

Posted by avreich1988 - 13 Sep 2016 15:06

i am willing 2 go real far i think.

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Re: introduction

Posted by Markz - 13 Sep 2016 15:37

Ok great

"Keep on trucking" to sobriety

So there's a guy in this website that prefers a tricycle to a truck

Heres a theory why he does that:

In a truck you can tint and shut the windows so no one sees you and you can try to drive

Warning: Spoiler!

The guy on the tricycle likes to speak to yungerleit like yourself with no windows and I assure you that you will go further than you think

If you wish - send him an email

wequithiding@gmail.com

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Re: introduction

Posted by 360gye - 13 Sep 2016 16:17

Welcome,

?There are some great tools to help you out. Not to mention there's a great chevra of guys who are in similar predicaments and are willing to change. We're all in this journey together, welcome aboard.

Stick around and keep posting,

360gye

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Re: introduction

Posted by avreich1988 - 13 Sep 2016 16:58

so where 2 i go next on this site & how do i get in touch with the oilam?

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Re: introduction

Posted by Markz - 13 Sep 2016 17:02

Try Dov on that email I gave you

Theres other really nice guys you can try too. Cordnoy Watson Gevura... See the Free towing page below for more

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Re: introduction

Posted by 360gye - 13 Sep 2016 18:50

Avreich,

Here are my ideas for your next stop to get in touch with the olam: keep posting, browse the forum and post wherever you deem fit, email people as mark mentioned, chat, sign up for private chat

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Re: introduction

Posted by Markz - 13 Sep 2016 19:02

Gye360 perhaps posting plenty helps you (and it would help you to be aware what's helping your recovery as I tried to do too).

But for many guys like our Avreich it would likely be the only tried and tested success route to get out of hiding behind posting / emailing / chatting. Which is why I gave those specific email addresses

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Re: introduction

Posted by Markz - 13 Sep 2016 19:34

Avreich, take your time

No pressure

You can visit the "Depressed person Chill spot" in the JHF section

Fyi there are guys on this website for more than 5 years that return sporadically from time to time and expect this holy website to do "it" for them and are still awaiting their redemption...

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Re: introduction

Posted by 360gye - 13 Sep 2016 20:47

point well taken mark. I wasn't telling avreich the success route to take, since i myself do't completely know, rather i was answering his question of how to get in touch with the olam. I apologize for not making that clear, and i will try to be more correct in my future posts.

/thanks for the critique

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Re: introduction

Posted by Markz - 13 Sep 2016 20:49

No criticism allowed on the forums - sorry

Theres a benefit for many guys even those that have daily SA meetings, to post on the forum etc, so you were not off the Markz

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Re: introduction

Posted by gibbor120 - 14 Sep 2016 16:11

I hear you. Maybe try dov's phone conference? What have you tried so far? Check out the dov quotes link in my signature. Does any of it speak to you?

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Re: introduction

Posted by BenTorah.BaalHabayis - 14 Sep 2016 20:58

Welcome Avreich!

I identify with your struggle very much. How much is this consuming your life? Is it something you're always struggling with in the background or is it just an issue which awakens when you stumble across something inappropriate or at least an unfiltered computer?

I know for myself that this struggle is consuming me and I feel like it's taking over my life. For about 6 months just reading the Handbook and posting here was very helpful, but I've come to the realization that for long term sobriety I will need something more. I'm seriously exploring 12 steps now.

Either way, I wish you Hatzlacha!

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Re: introduction

Posted by YeshivaGuy - 20 Dec 2020 04:26

So how u been Reb Yid?

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