

First timer

Posted by Bobcohen - 09 Oct 2016 09:25

This is a first for me to sign up to this kinda thing, but I realized I need it and wasn't strong enough on my own against my 4g unlimited data. Anyways thought of saying hi.

Hope we all succeed

Bob Cohen

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Re: First timer

Posted by Markz - 09 Oct 2016 11:23

Welcome!!

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Re: First timer

Posted by trysohard - 09 Oct 2016 11:32

Hi there!

There sure is plenty of help here!

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Re: First timer

Posted by Teshuvahguy - 09 Oct 2016 12:39

Hi, Bob! Welcome to the GYE community.

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Re: First timer

Posted by Newleaf354 - 09 Oct 2016 12:45

Hi Bob.

Good move. How are you finding GYE so far?

Good luck,

NL354

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Re: First timer

Posted by Bobcohen - 10 Oct 2016 13:59

Thanks ppl for support.

Its aight. Altho finding it annoying that so much info everywhere at once. Need only one article of video or audio at a time, they have everything available, also I don't log onto email everyday or this website...its a step to have to initially go on the website yourself. Whatever I don't know. Also I don't believe I am a porn addict, just I want to get rid of it completely... Not sure if this is right place for that. This seems more like for more extreme cases. I could be wrong. What you think?

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Re: First timer

Posted by Shlomo24 - 10 Oct 2016 14:01

[Bobcohen wrote on 10 Oct 2016 13:59:](#)

Thanks ppl for support.

Its aight. Altho finding it annoying that so much info everywhere at once. Need only one article

of video or audio at a time, they have everything available, also I don't log onto email everyday or this website...its a step to have to initially go on the website yourself. Whatever I don't know. Also I don't believe I am a porn addict, just I want to get rid of it completely... Not sure if this is right place for that. This seems more like for more extreme cases. I could be wrong. What you think?

All are welcome here. There are those who are "severe" and those much less.

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Re: First timer

Posted by Newleaf354 - 13 Oct 2016 14:04

[Bobcohen wrote on 10 Oct 2016 13:59:](#)

Thanks ppl for support.

Its aight. Altho finding it annoying that so much info everywhere at once... This seems more like for more extreme cases. I could be wrong. What you think?

Just download the GYE Handbook and start with that, one page at a time!

The biggest chochmah of this place is davka that it's not only for extreme cases. The handbook was laid out with great thought, starting with the simplest tools that really EVERYONE should have, and it moves GRADUALLY to stronger measures. It's sort of like, "you tried tool 1 and it wasn't enough, okay, so move on to tool 2 and see if that helps." And you can basically stop at whatever level is right for you.

That's what got me into recovery. I started off getting the chizzuk E-mails, but I kept acting out (for some people they get a little chizzuk and that's all they need). So then I got active in the forum (I'm on a second gilgul here now, but a few years ago, under a different name, I was very active here). For some people, that's enough, but I still kept acting out, so then I joined the anonymous phone conferences. That really helped--I had months at a time with clean streaks instead of just a few days or weeks. But I still kept acting out, so I joined face-to-face 12-step meetings. I've had a few falls with this, but they have been a year or two apart, and I think it was at times when I was easing up on my recovery efforts, or undergoing extreme difficulties in my life (it used to be that the slightest discomfort would send me running to act out). So I think I'm at the right level now, as long as I take it seriously. Baruch Hashem, I am not anywhere

near needing those extreme tools at the back of the GYE handbook, which would mean to check myself into a mental treatment center or to chemically castrate myself for the sake of recovery.

Hatzlacha,

NL354

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Re: First timer

Posted by Markz - 13 Oct 2016 22:16

Can someone pls give NL354 another thank you so I can put his post under the new "Post of the Year 5777" thread

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Re: First timer

Posted by trysohard - 14 Oct 2016 01:13

[Markz wrote on 13 Oct 2016 22:16:](#)

Can someone pls give NL354 another thank you so I can put his post under the new "Post of the Year 5777" thread

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Re: First timer

Posted by Bobcohen - 14 Oct 2016 11:35

Wow.

NL354, I really appreciate that you took the time and effort to write that up. It means a lot. As I read it I felt like it was coming from your heart and you were writing it like I would right a personal message to my best friend. Yet you have no idea who I am and probably won't ever.

I guess I'm starting to see the benefits of gye.

I'm going to download the handbook now.

Thanks so much.

Good shabbos

Sincerely grateful

Bob Cohen

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Re: First timer

Posted by gibbor120 - 14 Oct 2016 19:29

Welcome! Make a committment and don't look back. It'll be the best decision you ever made. We are here for you.

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Re: First timer

Posted by Newleaf354 - 18 Oct 2016 07:56

[Bobcohen wrote on 14 Oct 2016 11:35:](#)

Wow.

NL354, I really appreciate that you took the time and effort to write that up.

I'm glad you found that helpful.

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