

WILL SUCCEED BE

Posted by will Succeed Beh - 08 Dec 2016 18:59

Hi

Here is my story, I'm from a normal Heimishe Family, good loving parents,

When i was i young boy i came to notice that there is some differences in body between male & female, so i started fantasizing about revealing them, then i found some catalogues and devoured them to find some hints, that was basically it. Till one day when i was in Yeshiva Ketane i found a phone (a simple stupid phone) and i found that by browsing a bit i could find some interesting things..., didn't get to far then as the phone had a under 18 safeguard block, but enough to make me realise that with any phone with using a bit of your head you can find what you want, you just have to find your way around, after a few days my parents noticed it (from extra charges on the phone bill) they asked someone to speak to me and he did, but didnt help to much for my newfound ideas.

About a year later i found another phone this time it was a Blackberry and within a few minutes i was exposed to the worst pictures, that i didnt even dream that there is.

Afterwards i went of to Yeshiva Gedola in Israel, at first everything was ok, but slowly the old habits came back, but i didnt have a phone so it basically stayed in my mind, about 1 1/2 years into Yeshiva Gedola i started to masturbate till then interesting enough (B"H) i never did it!

Then one Bein Hazmanim when going back to Yeshiva i took with me a phone, in the Beginning i only played games with it, after that i bought a sim card and...

Then i got married to a beautiful nice young girl was extremely happy, i got settled and it seemed that everything was ok, but deep inside it still bubbled - it was never fixed.

Bout two years after my Chasuna i started again @ first just making sure to see some things by mistake (in a *kosher internet caffe*) then i got laptop for some work, i made sure to install a good filter. But then it started with movies, i got hooked up on an actor went on searching for more movies and in the same time i started to look for loopholes in the filter, sure enough i found some, i started to search for porn (which i can say was quite hard to find with a filter), after some time i took off the filter, started viewing porn and started masturbating 1st time since my Chasuna (2 1/2 ys), then started the cycle of putting back the filter - taking it off.....

Then i found GYE by an ad on the yeshiva world news site, i started of with the 90 days chart, it helped for a while, then fell back down tried again and fell again, till i realised i need something more,

So im starting Beh the TaPHSiC Method.

BE"H WE WILL SUCCEED

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Re: Will Succeed BeH
Posted by Markz - 08 Dec 2016 19:27

May you be blessed sweet guy that you are

Keep us posted on this thread

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Re: WILL SUCCEED BE
Posted by cordnoy - 08 Dec 2016 19:41

Welcome,

B'hatzlachah

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Re: WILL SUCCEED BE
Posted by lomed - 08 Dec 2016 19:48

Welcome,

I like your Positive name that you chose! thanks for opening up. May you have lots of Hatzlacha.

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Re: WILL SUCCEED BE
Posted by YidFromMonsey - 08 Dec 2016 19:49

I wish you a bunch hatzlocho!

Just remember that this issue was years in the making, don't expect it to go away overnight, KOT and DON'T GIVE UP BROTHER!!!

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Re: WILL SUCCEED BE
Posted by Shlomo24 - 08 Dec 2016 20:11

Hatzlacha

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Re: WILL SUCCEED BE
Posted by gibbor120 - 08 Dec 2016 21:40

Welcome! Thank you for sharing that. Coming here is a big step. There are lots of ideas in the handbook. The problem I have with the 90 day chart and Taphsic is that (as dov says) "the fox is guarding the henhouse". There is no accountability. I found that opening up to a real person was a big step for me. You may not need it. But, often the things that work are also uncomfortable. Don't get stuck ONLY using *comfortable* methods. Keep in touch!

It's a warm, accepting chevra here. We know what you are going through, and we are here for you.

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Re: WILL SUCCEED BE
Posted by Shlomo24 - 09 Dec 2016 01:43

[gibbor120 wrote on 08 Dec 2016 21:40:](#)

Welcome! Thank you for sharing that. Coming here is a **BIG STEP**. There are lots of ideas in the handbook. The problem I have with the 90 day chart and Taphsic is that (as dov says) "the fox is guarding the henhouse". There is no accountability. I found that opening up to a real person was a big step for me. You may not need it. But, often the things that work are also uncomfortable. Don't get stuck ONLY using *comfortable* methods. Keep in touch!

It's a warm, accepting chevra here. We know what you are going through, and we are here for you.

Automatic thank you initiated.

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Re: WILL SUCCEED BE
Posted by AllForHashem - 09 Dec 2016 05:05

Stay strong. You will find more productive outlets.

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Re: WILL SUCCEED BE
Posted by Singularity - 09 Dec 2016 08:22

Welcome! Surf around and find your saving grace!

And keep active here! Absence is always the sign of something fishy...

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 09 Dec 2016 11:03

Thank you all Guys.

I'll tel you the truth, the only way i could keep up till now (9 days - Passed my Bris Milah yesterday {as HayomYom [posted](#) me}) is by keeping up with this forum, all of you are amazing.

Another thing was every time i needed a stretch in work, instead of surfing till i found something that started of the habit... i started surfing GYE forums, this helped me stay clean & gave me a lot of Chizuk.

Again thank you all

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 09 Dec 2016 11:09

My short term Goal for now is to Keep a Clean Kislev, get the whole month of Kislev Clean Day by Day!

Trying to imagine the great feeling of sitting by the Chanuka Candles - felling so clean.

BE"H WE WILL SUCCEED!!!

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 12 Dec 2016 12:05

B"H going on strong with the Clean Kislev Project,

All credit for GYE, the TaPhSiC Method is working B"H, the idea is to make yourself really committed to stop or at least really try to....

GYE - Guard Your Eyes

Generated: 5 April, 2025, 14:25

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Re: WILL SUCCEED BE

Posted by Singularity - 12 Dec 2016 13:15

Shkoyach! A taphsic is also helping me! Also 12 steps helps.

Good going, good to be committed. But keep in mind addiction doesn't like other commitments. It will fight back. And it will win. The real tool is surrendering to God.

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Re: WILL SUCCEED BE

Posted by Shteeble - 12 Dec 2016 14:58

Welcome to GYE.

Much hatzlocha.

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