

Please help me

Posted by yetzerhbeater@gmail.com - 11 Dec 2016 00:27

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Hi everyone,

Im new to this, in fact new to GYE - hope this will work.

Unfortunately ive acted out for the past 20 years. Ive tried everything to stop but nothing has succeeded. Every item i use has filters/tag etc but when lust kicks in, there is a way through everything.

worst thing is that usually I have no interest in viewing inappropriate images etc, its so boring - ive seen it all before hundreds of times. yet the habit doesn't allow me to stop. I feel powerless!!.

Can anyone give me a success story as an inspiration to move forward.

YHB

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Re: Please help me

Posted by Markz - 11 Dec 2016 00:36

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Welcome beatrix,

Look around on the forum there's lots of good stuff - click the spoiler button below and also the Free towing link for some authentic success stories

WELCOME TO THE TRUCKING CORPORATION UNLIMITED

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Re: Please help me

Posted by cordnoy - 11 Dec 2016 01:10

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[yetzerhbeater@gmail.com](mailto:yetzerhbeater@gmail.com) wrote on 11 Dec 2016 00:27:

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Search the forums.

plenty of success stories.

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Re: Please help me

Posted by YidFromMonsey - 11 Dec 2016 03:57

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Coming here is the beginning of your success story!!!! Look around and make use of the tools offered, as long as you don't give up you'll defiantly find help here. Welcome aboard brother!

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Re: Please help me

Posted by Aliyahman3 - 11 Dec 2016 06:20

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Welcome you came to the right place! Have you read the handbook? They offer a lot of good tools... hatzlacha

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Re: Please help me

Posted by Singularity - 12 Dec 2016 13:34

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Filters are like putting a picket fence up to defend against a hurricane.

The most powerful filter is like putting up a relatively sturdy brick wall to defend against a hurricane.

Do what you want. You're up against a hurricane!

Welcome, brother. Perhaps we will all learn not to fight against the storm, rather leave for

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Re: Please help me

Posted by Shteeble - 12 Dec 2016 14:14

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Welcome to GYE.

May you have quick success on your journey.

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Re: Please help me

Posted by Watson - 12 Dec 2016 20:10  
greener pastures

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worst thing is that usually I have no interest in viewing inappropriate images etc, its so boring - ive seen it all before hundreds of times. yet the habit doesn't allow me to stop. I feel powerless!!.

Welcome.

Thank you for your honest share. I can absolutely relate. Porn is no longer interesting or fun for me. I got to the point where I watched porn because I *needed* to, not because I *wanted* to. It felt like if I didn't watch some porn I would die. I knew in my head that it wasn't true, but it *felt* so real. I think only an addict can understand.

One time I had some porn on my phone and I was walking back home. I knew I needed to delete it but I couldn't. The thought of doing that was terrifying, like a drowning man throwing away his life preserver.

I stopped for a minute and prayed "G-d, it doesn't feel like this is a good idea, but I'm trusting You that it will be OK," and deleted the photos. After a few minutes I started to get a sense of peace, serenity and safety. It was OK, once I let go.

Hatzlocho on your journey.

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Re: Please help me

Posted by gibbor120 - 13 Dec 2016 15:57

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Welcome, and thanks for sharing! That is one of the classic signs of addiction. Needing it more, even while it provides less and less pleasure. You are certainly in the right place. Read the handbook and keep posting. I acted out for over 20 years as well. I'm now sober BA"H for 7 1/2 years.

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Re: Please help me

Posted by Watson - 16 Dec 2016 14:42

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[yetzerhbeater@gmail.com](mailto:yetzerhbeater@gmail.com) wrote on 11 Dec 2016 00:27:

Im new to this, in fact new to GYE - hope this will work.

To quote one of the greats "hope is a four letter word."

It only works if you work it.

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