

What to say

Posted by A precious stone - 19 Jan 2017 08:07

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Shalom,

I'm new here, but been struggling more or less over the past 18 years,

not always noticing I even fell,

over the time I got to understand

what's going on with me

and what am I facing.

A battle!

Yet life!

Thank-G-d I haven't been exposed to Internet as much as others.

What matters to me is not how I am regarding to others,

but what's good for me.

And for me this seeking for rotten stuff on the internet

has way by passed it's "bed-time".

I have to put an end to this.

No more just peep here or there.

But I've learnt that I have to be gentle with myself,

and not be too tough with myself (nor with others).

Otherwise this powerful attraction may overcome me.

I need to be careful here, and do things wisely.

Determination.

A thought within may say it's OK to do this at a small frequency,

and I say: "no!".

Now I had the opportunity of coming to GYE.

I feel much "safer" over the last few days.

As if a sort of shield is surrounding me from enemy claws,

(of-course, after I do my part...)

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I feel I haven't really said much about myself,

though I do hope that this will be the beginning of my landing back to earth...

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Re: What to say

Posted by cordnoy - 19 Jan 2017 11:03

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No, you didn't.

Welcomel,

Hashem should guide you in a path perfect for you.

B'hatzlachah

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Re: What to say

Posted by Singularity - 19 Jan 2017 12:27

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Welcome, brother.

So happy you found your way here. Keep it up. Browse around. Find the tools and compile a nice toolbox of stuff, catered just for you.

Build your heavy-duty vehicle of choice

and

**Keep**

**On**

**Trucking**

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Re: What to say

Posted by Markz - 19 Jan 2017 13:47

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Welcome PreciousStone

**KOP**

Keep

On

Polishing

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Re: What to say

Posted by gibbor120 - 19 Jan 2017 20:06

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Welcome! Check out the handbook. We look forward to hearing more from you.

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Re: What to say

Posted by Watson - 19 Jan 2017 20:23

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Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: What to say

Posted by A precious stone - 22 Jan 2017 12:22

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Thanks everyone for showing interest,

It's really kind of you.

May G-d bless you all !

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