

Hello

Posted by Natesmith - 06 Feb 2017 19:28

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Hi,

Im 20 years old and I've been struggling for about 2 years

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Re: Hello

Posted by Markz - 06 Feb 2017 20:16

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Welcome to the club!

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Re: Hello

Posted by cordnoy - 06 Feb 2017 20:18

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Welcome,

B'hatzlachah

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Re: Hello

Posted by Watson - 06 Feb 2017 20:34

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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: Hello

Posted by gibbor120 - 06 Feb 2017 21:46

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Welcome! It is wise to get help while you are young. Some of us have been struggling for decades. Do whatever it takes. Don't delay.

Check out the handbook. Keep posting.

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Re: Hello

Posted by Singularity - 07 Feb 2017 09:28

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Gosh, *only* two years? And only from when you were 18?

What you struggling with? Chess puzzles?

How did it start?

What you trying to do about it?

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