

20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 23 Mar 2017 20:35

I'm very grateful to be part of such a great program.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Yosef Tikun HaYesod - 23 Mar 2017 20:52

Welcome, (insert name here)!

Awesome first post!

My advice is that you start by reading the GYE handbook, that can be downloaded and printed.

And start listening to the 12 shiurim called The Fight (also on this website) by Rav Ben Zion Shafier.

Both of these will give you an amazing grounding of how to fight and win.

Lastly, start posting regularly all your feelings, experiences, and struggles to stay clean.

This will help you a lot to stay focused and accountable...

and you will get lots of chizuk and support from others here.

One caveat/warning, some advice you will have to let go in one ear and out the other.

Don't let anybody bother or bully you into thinking a certain way.

Yosef

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Re: 20 painful years is coming to an end. NOW!!

Posted by cordnoy - 23 Mar 2017 20:56

Welcome,

Recovery should be with hatzlachah.

I'm gonna ask you a direct question, as you wrote it in your post.

This "comin' out" you speak of, and that it is "painful," but you are now takin' a big step out of your "hidin' place." Is that really true? I understand that it might be somewhat hard to type, but now that you did it, have you been set free? Is there anyone besides God who knows you? What was the step? Aren't you still hidin'? And I'm being serious.

Lookin' forward to hearin' more from you.

B'hatzlachah

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 23 Mar 2017 21:03

Sorry for the misunderstanding. as this was one of my first time writing on a forum and the first time writing over here.

No I did not come out yet publicly rather just on the forums here and no I'm not yet set free but hopefully, with everyone's help I will be very soon.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Trouble - 23 Mar 2017 21:08

[Yosef Tikun HaYesod wrote on 23 Mar 2017 20:52:](#)

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Yosef

If there was ever good advice.....

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Re: 20 painful years is coming to an end. NOW!!

Posted by Markz - 23 Mar 2017 23:52

[Kleen4real wrote on 23 Mar 2017 21:03:](#)

Sorry for the misunderstanding. as this was one of my first time writing on a forum and the first time writing over here.

No I did not come out yet publicly rather just on the forums here and no I'm not yet set free but hopefully, with everyone's help I will be very soon.

Welcome brother - a very hopeful first post!!!

KEEP ON DER TRUCKINGGG!!

Take it easy one mile at a time!

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Re: 20 painful years is coming to an end. NOW!!
Posted by MayanHamisgaber - 24 Mar 2017 00:07

Nice first post

keep on working on the honesty

Some say opening up does not really happen here....

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Re: 20 painful years is coming to an end. NOW!!
Posted by LifneiHashem - 24 Mar 2017 00:08

Welcome! GYE can help you change your life.

Your English is impeccable, coming from a Yiddish speaking house.

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Re: 20 painful years is coming to an end. NOW!!
Posted by Hashem Help Me - 24 Mar 2017 01:00

Welcome to GYE. We are here to help. You took a courageous first step. Be proud. To succeed iyh, stay connected. Sounds like you have years of addiction under your belt (actually the addiction is in the brain and heart). To break free you will need help. Some people come here and write a great first post and then they disappear..... The sooner you open up fully and reach out to real people the sooner the NOW!! at the end of your thread's title will actually happen. Cordnoy asked you some questions that should get you thinking. Be brave. Look in the mirror and answer those questions. Then write up another post with the answers. Also start looking for

sponsors, partners who can shlep you out of this mess. Excuse my blunt response to your post but it really sounds like you have hit rock bottom and really want to recover and you sound gutsy enough to actually do what it takes.

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Re: 20 painful years is coming to an end. NOW!!
Posted by tiger - 24 Mar 2017 02:19

Welcome kleen 4 real ,hope you have a real new start!

I thing CORDS is asking you a shtarka question that at some point we all here need to address, you are making it sound like writing here is like you are opening up to a real person and your embarrassment and pain is very hard for you!!

For me this sounds interesting??

We all mean your good my friend nobody here is trying to push your wrong buttons,some people might have their own style but we all share the same goal we all want to really rid ourselves from lust for good and are willing to take serious steps towards that goal, and believe me believe me it will take muuuchhh more then writing this post!!

Hatzoacha

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Re: 20 painful years is coming to an end. NOW!!
Posted by cordnoy - 24 Mar 2017 02:43

Since I am bein' quoted here, I just wanna point out like tiger said: this is a question for us all. Postin' here and readin' here is good, and for some, that might be all they need, but for a nice majority of people, this does not by itself lead to the promised zone; somethin' productive that

creates change from within is needed. I pointed it out in your post because of your wordin'.

Wishin' you loads of hatzlachah

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 24 Mar 2017 04:19

I first would like to thank everyone for the kind words and Chizuk.

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Re: 20 painful years is coming to an end. NOW!!

Posted by MayanHamisgaber - 24 Mar 2017 04:50

Good for you for realizing the truth about all the above many take and are still taking their time in being honest about this

KUTGW

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 24 Mar 2017 11:53

[MayanHamisgaber wrote on 24 Mar 2017 04:50:](#)

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Re: 20 painful years is coming to an end. NOW!!
Posted by cordnoy - 24 Mar 2017 11:59

[Kleen4real wrote on 24 Mar 2017 04:19:](#)

I first would like to thank everyone for the kind words and Chizuk. I see here people with 300, 500 and even 700 days clean and this is giving me the biggest push, it's unreal.

Now let me clarify, I don't think even for a second that just writing here in the forums will work wonders and set me a free man, but many people here don't understand this, I have never spoken with anyone on this planet about this issue or anything really personal.

????? said ???? ??? ???? and this is something that I could never get myself to do)
don't know my real name.

I always feel like I'm living 2 life's, you would never imagined who I'm and how much this bothers me, if you would of meet me in shul you will see a big Asken, everyone knows me but deep inside me it's very painful not being able to talk to anyone about my real life story even in general as I'm very shy (and some other reasons that will leave for another time to discuss).

There's one reason for being here today and that's to break free of this addiction and will do whatever it takes, let it be wring in the forums, getting a sponsor or the 12 step groups.

Still have much more to write but I will save for another time.

Good stuff.

I wonder where I've head that "two lives" business before.

And here I thought we all had that beetle Bailey sticker on our back, "on the other side, il am a closet sex addict."

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