

I'm finally here

Posted by yidguy38 - 11 Jun 2017 07:13

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Hello,

I wanted to introduce myself to the forum.

I definitely am an addict. I'm 38yo now, but have been addicted to porn and masturbation since I was about 11 or 12 yo. It was mostly porn up until my early 20s, then I discovered strip clubs and prostitution. I then got married and have 3 beautiful kids (Baruch HaShem). But I never faced the addiction. I got to a point this year where I realized I need to quit for good. Porn and Masturbation is a terrible avevrah and a terrible addiction. I know this. I've been clean for only a couple of days now. I feel stronger suddenly, probably because I broke out last week on Sunday night and visited a prostitute. But I'm nervous I'll slip up again.

I still want to keep anonymous about it, but definitely need to reach out to others (GYE community) when I'm struggling.

Anyways, I wanted to just say 'hi' to the community. Thank G-d GYE is here.

regards,

yidguy38

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Re: I'm finally here

Posted by Markz - 11 Jun 2017 12:09

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Welcome to the club[is that a bad word?]

Welcome to life[is that better?]

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Re: I'm finally here  
Posted by bear - 11 Jun 2017 13:05

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Hey hey, Welcome!!

Best of luck!!!

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Re: I'm finally here  
Posted by imgonadoit - 11 Jun 2017 16:33

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Hi welcome do you live In Lakewood I am in sa here in Lakewood I have really gained a lot even from the short time I have been her

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Re: I'm finally here  
Posted by ColinColin - 11 Jun 2017 18:38

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Welcome.

It is an addiction.

Take it day by day, hour by hour.

Maybe every time you want to visit a prostitute, try to somehow think of your wife and instead do something which can contribute to a good feeling around the house, even if it is simple as taking out the rubbish or cleaning one room?

The diversion may help cool your lust for a bit.

Then the lust may well return even stronger but ignore it, be prepared for this, know that it is a trick.

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Re: I'm finally here  
Posted by getthere - 12 Jun 2017 09:24

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Welcome

You have come to the righth place, most of us are addicts here, some more some less, make sure you get addicted to this site.

Hazloche

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Re: I'm finally here  
Posted by cordnoy - 12 Jun 2017 11:42

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Survey says..... Addict!! (crowd clappin', cheerin' and hootin' in the background; buzzer soundin', families huggin' each other; board spot turnin').

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Re: I'm finally here  
Posted by Trouble - 12 Jun 2017 12:09

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[ColinColin wrote on 11 Jun 2017 18:38:](#)

Welcome.

It is an addiction.

Take it day by day, hour by hour.

Maybe every time you want to visit a prostitute, try to somehow think of your wife and instead do something which can contribute to a good feeling around the house, even if it is simple as taking out the rubbish or cleaning one room?

The diversion may help cool your lust for a bit.

Then the lust may well return even stronger but ignore it, be prepared for this, know that it is a trick.

The reason I thought about visiting a prostitute was because I was thinking of my wife!

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Re: I'm finally here  
Posted by yidguy38 - 12 Jun 2017 17:06

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wow, what a great response! Just getting replies helps. Thanks all!

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Re: I'm finally here  
Posted by yidguy38 - 12 Jun 2017 17:12

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BS"D

Yes, I know what you mean. For me it was a similar problem. Porn and my prostitutes were my escape from my wife (and from my life).

I suppose what's helping me lately is thinking about all of the potential that I have been wasting. If only I would spend more time studying Torah, improving my business, developing a new skill, or improving myself any other way. How much more could I (we) be in the world?

But spending time and money on a schmutz ate up several hours of my time daily. Even this morning I had an urge again, which I normally would have satisfied. But I just said 'no'. I suppose had I sat and thought about it, I might have gone forward. I feel like each minute and hour is a struggle.

Anyways, we're all here to support each other. I think that's the new part of what I'd like to do here. I believe I can get more strength my discussing it with you all. I am grateful to you all.

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Re: I'm finally here  
Posted by yidguy38 - 12 Jun 2017 17:15

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BS"D

Hi, thanks for the warm welcome. I wish I could be in a place like Lakewood (wonderful community there), but no I live on the West Coast.

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Re: I'm finally here  
Posted by Markz - 12 Jun 2017 17:19

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Hey Yid It doesn't have to be a struggle. Have you spoken with [Yid from Monsey](#), or Cordnoy...

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Re: I'm finally here  
Posted by Shlomo24 - 12 Jun 2017 18:52

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[Markz wrote on 12 Jun 2017 17:19:](#)

Hey Yid It doesn't have to be a struggle. Have you spoken with [Yid from Monsey](#), or Cordnoy...

Or me!

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Re: I'm finally here  
Posted by Markz - 12 Jun 2017 19:12

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[Shlomo24 wrote on 12 Jun 2017 18:52:](#)

[Markz wrote on 12 Jun 2017 17:19:](#)

Hey Yid It doesn't have to be a struggle. Have you spoken with [Yid from Monsey](#), or Cordnoy...

Or me!

You can join too

DIAL Free Confernce call ODAAT

FACETIME conference OFAAT

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Re: I'm finally here  
Posted by Hashem Help Me - 13 Jun 2017 11:10

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Welcome yidguy. Looks like you are serious about your commitment to do something about the challenges. Also appears you have quite a bit of strength in saying no to the urges. Keep posting. Stay connected. Find someone in the world that you can speak to, even anonymously. Besides all of us here who want to help, in shomayim there is a loving Father waiting for you to ask for help. Continued hatzlocha.

**GYE - Guard Your Eyes**

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