

Introduction - seeking help

Posted by mikvehmayim - 02 Aug 2017 23:34

Hi there, I wanted to reach out to the forum and introduce myself. I have been struggling with addiction in this area for about 20 years, since I was about 20. The main aspects of behavior in my addiction are viewing p**** images on-line and acting out with m****. I go through different periods of "off" and "on", and I have had times that I have been able to stay clean for a while (perhaps a matter of weeks or months at the most) - but often (and currently) this has been a daily struggle.

I am sure that I share many of the feelings and struggles that I have seen on this forum. The sense of presenting myself one way and being something else are of course very difficult. In addition, I am amazed at myself for wasting so much precious time on this addiction. It is totally hampering my ability to succeed in areas of life that I know are important to me. I know that I am undermining myself in a huge way - but I have not yet broken out of this behavior after many tries. Thank G-d, I am married with kids, and on the whole, my family life is strong. Yet, I know that it would be much stronger if I can succeed in breaking past this.

I do think that it is key for me now to try and get out of isolation. This is my first time posting on the forum. I do recognize that this addiction thrives on being alone and "in the dark". I would love to know what people suggest in terms of connecting with others who are struggling. Is there a weekly or daily phone call that you would suggest? Or any other suggestions in terms of getting connected to others would be appreciated.

In addition, I think that I could use some help on a purely technical level. Many years ago, I installed Webchaver on my computer and phone - and that helps a great deal. However, Webchaver does not monitor app activity on the phone, and that has left some "holes" in apps that have "allowed" me to slip time and time again. I would love to find out if there is someone that can give me some technical guidance to make some things on my phone inaccessible. I am not in a community near a Vinishmartem group, so I would appreciate some help over the phone or by email.

Thanks very much for any help or guidance, mikveyimayim.

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Re: Introduction - seeking help

Posted by Markz - 03 Aug 2017 00:45

[mikvehmayim wrote on 02 Aug 2017 23:34:](#)

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Thanks very much for any help or guidance, mikveyamayim.

I wish my first post was as eloquent

Welcome to the club brother

Stick around and you'll learn a thing or two (no three's allowed here sorry)

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Re: Introduction - seeking help

Posted by Hashem Help Me - 03 Aug 2017 03:31

Welcome. There are a number of calls made available through this site. Dov's calls have been helpful to many. Hatzlocha.

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Re: Introduction - seeking help

Posted by mikvehmayim - 03 Aug 2017 04:45

Thanks very much. Let me know if you have any suggestions for me.

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Re: Introduction - seeking help

Posted by mikvehmayim - 03 Aug 2017 04:48

Are the calls generally daily? Know of any weekly options? Thanks and best wishes.

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Re: Introduction - seeking help

Posted by mikvehmayim - 03 Aug 2017 04:49

Thank you very much.

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Re: Introduction - seeking help

Posted by gibbor120 - 03 Aug 2017 21:24

Welcome! Check out the handbook. Keep posting.

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Re: Introduction - seeking help

Posted by Gevura Shebyesod - 03 Aug 2017 21:53

Welcome!!

Check out the call schedule [HERE](#).

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Re: Introduction - seeking help

Posted by humblewarrior - 04 Aug 2017 01:33

I applaud you for taking the first step in getting out of isolation. For me that was also my first step. I'm just a bit crazy I suppose with all my own thinking, living totally "in my head" totally removed from reality. I receive daily emails from GYE which often have pieces written by this guy Dov. Thru GYE I hooked up with him and now participate in a bi-weekly conference call that he leads. Also, on the GYE menu under kosher isle, shiurim, Dov has a bunch of audios, one set called Dov's recovery takjs and the other Dov's 12-step talks. Can't say enough how much I have gained from these. I also began to attend live 12-step meetings for sex addicts in my area. Bottom line, GYE has some awesome resources to help, the only requirement is that you want to live a better life. If you are interested in either emailing me myself or asking how to get in touch with Dov (I call him my Recovery Rebbe) you can reach me at mgraiser613@gmail.com. Welcome to the club, brother!!!

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Re: Introduction - seeking help

Posted by bb0212 - 04 Aug 2017 05:49

Welcome aboard, ??? ?????!

no guarantees but send me an email (look at my signature) perhaps I canGoogle helphelpwith the technicalstuff. FunnyGoogle, beingGoogle thatthatIcan'tfigure out hoGoogle howto write aGooglefreakingmessage dunno what's wrong

ETA wellwell, I'm hoping that this will be a bit cleaner than before. Hmmm it seems better. I guess the other browser on my phone really likes the word "Google".

No guarantees, but send me an email at the address in my signature, let me know what the technical questions are, perhaps I can help.

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Re: Introduction - seeking help

Posted by mikvehmayim - 04 Aug 2017 13:47

Thanks very much, I'll email you.

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Re: Introduction - seeking help

Posted by mikvehmayim - 04 Aug 2017 13:51

Thanks I'll email you.

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