

Hello & Need help please..

Posted by TorahFrk - 15 Aug 2017 15:50

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Hello guys Im Dan.. English is not my first language so i apologize in advance for any errors.

Im a married 32 years old guy who has been in this slavery since i was 11.. i didnt know the magnitude of my problem until a couple of years ago when i found out this was a decease/addiction, and it took me until a year ago to know that i cant help myself because im an addict to pornography and acting out.. Ive been in this road for a long time and I dont really know if i want to be free of this.. One part of me wants so bad to just STOP and start living my life, become a giver instead of a selfish taker.. but the other part you know.. just want to keep doing what ive been doing all my life, this "sweet sweet candy" that destroys me and my family and everything around...

I need help guys, this is the first time i use the forum, and im doing it because GOOOOD I Want to be free of this!!.. I know i cant do it alone so, here i am. Asking Hashem for help and you guys to help me break free of this.. I guess i need to keep in touch and stay of isolation and try whatever i havent tried, and thats what im trying to do. I put my name in the 90 days chart but that number: 90??? it seems like impossible for me when i cant do it even for 15 days.. but i know that I can, I know Hashem CAN do it for me.

i want to join some kind of group, would be good if theres a whatsapp group where we could encourage each other every often.. or you tell me! youre the experts here so.. Thank you in advance guys, May Hashem keep blessing and helping you all!

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Re: Hello & Need help please..

Posted by Markz - 15 Aug 2017 17:18

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Welcome Dan

Your English is great. I wonder what your first language is...

Great move for joining us!

I suggest joining a daily call in your language of preference.

I listen often to recording of Dov's - they're great!

You can say hi too, for no extra charge ;-)

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Re: Hello & Need help please..

Posted by gibbor120 - 22 Aug 2017 21:47

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Welcome! Check out the handbook and try some of the ideas. You may want to join one of the phone groups.

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Re: Hello & Need help please..

Posted by YeshivaGuy - 11 Jan 2021 21:41

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How are you doin?

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