

Admitting I Have a Problem

Posted by Dani - 08 Dec 2017 06:32

Hi,

I'm 36 years old and I've had a problem for over 20 years. I had never wanted to join GYE out of fear that someone might discover that I admitted to having a problem. I just realized that somehow that fear didn't stop me from viewing the wrong things (since I always covered up so that no one can see what I viewed), so it shouldn't stop me from joining GYE.

This is my new hope. Until now every time I had viewed something inappropriate I told myself that this was the last time. Yet somehow I found myself doing it again a few days later.

From now on, if I ever do it again I will be reporting to GYE.

B'ezras Hashem, I will never need to report anything.

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Re: Admitting I Have a Problem

Posted by Markz - 08 Dec 2017 06:58

Welcome Dan

Great - you started step 1 partially :-)

Keep on Trucking!

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Re: Admitting I Have a Problem

Posted by Growthoriented - 08 Dec 2017 09:21

Welcome!

It's crazy how much our desires warps our perspective. Just remember to trust in Hashem and take it one day at a time.

B'hatzlacha!

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Re: Admitting I Have a Problem

Posted by Hashem Help Me - 08 Dec 2017 19:28

Welcome. It should be with hatzlocha.

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Re: Admitting I Have a Problem

Posted by mikestruggling - 09 Dec 2017 21:00

Welcome brother!!!!

Hatzlacha!!!!

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Re: Admitting I Have a Problem

Posted by Phill Up - 10 Dec 2017 05:48

Welcome!! You have come to an amazing place! Remember that Hashem loves you unconditionally and wants you to succeed more than anyone in the world. My general advice would be to come up with a plan that is doable for you to keep away any potential triggers, work positively on adapting a positive and grounded perspective on the struggle, and finding the right people to connect with and handle this struggle together. Check the GYE handbook and other great resources on the site. You're an amazing person and Kol Hakavod for coming here!

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Re: Admitting I Have a Problem

Posted by youcan - 10 Dec 2017 07:02

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I hope you'll find other things to post here, otherwise you won't be posting much... With the program here you will not fall that much!

Open the gye tool box & see what's fit for you & - as mark says - start trucking...

Hatzlacha rabba!

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Re: Admitting I Have a Problem

Posted by ieeyc - 10 Dec 2017 18:13

shalom aleichem ,welcome aboard !!its people like you who are always ready to take the plunge , that inspires people like us ,keep on posting !

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Re: Admitting I Have a Problem

Posted by tzaddik212 - 10 Dec 2017 19:44

Hi My Dear friend Dan.

Your post that you wrote, is my story. you just needed to sign "my" name on it. I tried for decades to stop, and my Yeshuah came once i realized that i am powerless over this addiction. I can share with you my 2 cents on this demon.

What kept my addcition progressing and unstoppable, was that i was realizing that my addcition was living on 2 main blood supply arteries that kept it alive and powerful. Arterie #1. Seecretive. Arterie #2. Deception. Once i exposed this secret and stopped my deception that i am regular guy(and everyone struggles like me) my Yeshua started to form, I am today clean 84 days, because i got myself a friend here on GYE, that i met in person, and i got myself a Webchaver account, and i am accountable to my actions. it is no more a secret, and it is no more a deception. it is out there for my trusted Chaver and myself to look on my actions boldly. If this makes sense for you, i would be eager to share with you more on my journey.

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Re: Admitting I Have a Problem

Posted by gibbor120 - 11 Dec 2017 14:22

Welcome! Have you read the handbook? Stick around. Keep posting and sharing.

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Re: Admitting I Have a Problem

Posted by Workingguy - 11 Dec 2017 15:37

[Dani wrote on 08 Dec 2017 06:32:](#)

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Hey,

Welcome aboard. I think you might want to figure out a positive plan on how you're going to grow out of this; just posting when you fall is a deterrent but won't change you.

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Re: Admitting I Have a Problem

Posted by Dani - 22 Dec 2017 05:10

Thank you for your concern. So far I'm 14 days clean and it seems to be working so for now i'll stick with this.

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Re: Admitting I Have a Problem
Posted by Dani - 22 Dec 2017 05:18

Extremely powerful and deep video!

Thanks for sharing!

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