

just trying to do the right thing

Posted by iampowerless - 03 Jan 2018 14:43

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Hi everyone my story is long and complex, and i'm kinda not in the mood to write it down yet but i probably will at a later time. anyways i just wanted to post i'm 9 days clean so far.....by admitting once and for all i'm an addict, installing a filter on my work computer where most of my falls happened, and most importantly concentrating on today and only today!

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Re: just trying to do the right thing

Posted by lampowerless - 11 Feb 2020 03:44

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I'm sorry you feel that way, I did not feel that way in SA, and neither did the others who were just starting out. We were welcomed with open arms. Actually, the old guys spoke as if they were newbies. Each group, I guess, has a mind of its own.

I thought about what you said and i realized that it's not the group who is judging me negatively because as you mentioned regardless of what i did and how stupid my actions were they will always welcome me with open arms.....

it's more how i feel internally when i rejoin after a fall, internally i feel pretty sad and awful.....but again like you brought out and it's extremely important to bring out the group will always welcome me and treat me as though I'm a real important person.....

Love Yankel

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Re: just trying to do the right thing

Posted by ??? ???? ???? ??? - 11 Feb 2020 17:20

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**GYE - Guard Your Eyes**

Generated: 1 April, 2020, 10:40

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What incredibly powerful self-awareness and vulnerability. Thank you for that, lampowerless. You inspired me today.

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Re: just trying to do the right thing  
Posted by lampowerless - 12 Feb 2020 15:29

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Unfortunately I'm still in a bad territory, i just don't feel the strength for another round on the other hand i don't have a choice I'm such a crazy kind of addict where i just compulsively masturbate until i feel dizzy and sad.

So for now for the next week i will iy'h post a daily update on GYE and focus on the craziness of this addiction.....

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Re: just trying to do the right thing  
Posted by Hakolhevel - 12 Feb 2020 16:38

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I don't know your exact situation, but I know by me when I get into a rut, I don't masturbate/ watch porn because I'm sad. It's just the other way around. I watched porn/masturbate, it makes me sad/angry at myself. So the only way I know how to deal with negative emotions is to.... You guessed it, watch porn and masturbate. It's very understandable, though it is pretty crazy.

So if your like be, stop beating yourself up, you need to find a way to stop. Once you've stopped, you need to work on yourself internally, and hear how to deal with pain in general.

Just my experience.

P.s you missed your signature "love yankel"

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Re: just trying to do the right thing  
Posted by lampowerless - 12 Feb 2020 20:57

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[Hakolhevel wrote on 12 Feb 2020 16:38:](#)

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P.s you missed your signature "love yankel"

Yup.Yup very true. Thanks

Love Yankel

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