

Starting the fight

Posted by guardmyeyes2018 - 06 Feb 2018 17:36

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Hello. I'm new here. I'm a married 30's man with kids and I've been struggling for years, since I was a teenager. I used to feel so guilty that I kept this secret for myself and I did not have the courage to start the fight.

I am thankful because I found guardyoureyes and was able to start the fight. I just had a fall, 11 days after I decided myself I would remain pure.

May Hashem help me... I feel GYE may help me succeed on this, but I definitely need Hashem's help...

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Re: Starting the fight

Posted by ieeyc - 06 Feb 2018 17:46

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welcome, and thank you for sharing ,many of us have been where you are,keep on trying and b`ezras hashem the clean streaks will last longer,and youll feel the comfort of a whole group of people fighting and unfortunatly falling but getting up again ,keep it up !

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Re: Starting the fight

Posted by gibbor120 - 06 Feb 2018 20:22

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Welcome! I struggled for years as well. The goal is to get to the point where is isn't a "fight" (at least not usually). Check out the handbook. Keep posting.

Can you figure out what your triggers are? What stress does acting out relieve for you? How

can you find a healthy outlet for that stress?

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