

Familiarizing Myself with These Surroundings

Posted by Elijack - 08 Jun 2018 20:23

BH

I am in my early 30's and have been struggling lust (masturbation and porn) for many years. BH I am married and have a wonderful wife and 2 wonderful children ka"h. I have been aware of GYE for a while and have tried the 90 chart a couple of times (I once made it to 78 days) but haven't yet built much of a structure for **sustainable** growth and success. I find the amount of options and information on the site overwhelming, I find myself not knowing where to start.

Last week I had a big fall which was a result (in part) of a lapse in proper filtering on my devices, (this has since been fixed). Additionally my wife is IYH due next week and I know that now come some difficult weeks with lots of stress and with no kosher sexual outlet. I know that I am going to need support if I am going to remain clean.

On Monday, I spoke with Casriel for the first time, that was a very helpful conversation! He gave me some good perspective on things and he recommended that I focus on the Taphsic method (I am still reading up about it), and on finding a partner / sponsor (I just signed up now).

That's it for now. Guys around here are very giving of their time and support, I hope that I will be more comfortable here and learn to take control of myself! If my wife comes back from *mikva* after the baby and I know I have been clean throughout – that would be amazing! I hope it's possible.

Good Shabbos

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Re: Familiarizing Myself with These Surroundings

Posted by Serenity123 - 08 Jun 2018 20:37

Hi, It is very courageous of you to come to GYE, It seems like you are having a lot of positive momentum in your recovery. May god continue giving you the strength to protect your soul, thank you for sharing your story.

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Re: Familiarizing Myself with These Surroundings

Posted by Markz - 08 Jun 2018 20:41

Hi Eli, you're on a great track already. Keep it up!

Keep us posted.

GSKOT&MT!

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Re: Familiarizing Myself with These Surroundings
Posted by mzl - 08 Jun 2018 21:24

I suppose being absolutely certain that there is no outlet for a while could make it easier too, at least you are not wondering what might or might not happen today, you already know.

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