

new on gye / looking for help  
Posted by je613 - 02 May 2019 02:08

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Hi all,

bh married happily, great wife and kids. things feel pretty normal. but cant get woman off my mind. Help plz!!!

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Re: new on gye / looking for help  
Posted by 360gye - 02 May 2019 02:29  
just joined yesterday. already feeling a little better. just cant kick the lusting!!!

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Hi Je613,

It's great that you came here seeking help and that you want to change this habit of yours, really shows that you're strong and able to do this. It's great you haven't seen p\*\*\* in a month, but it is still unfortunate you're hooked with these chat lines...

My advice would be to do some introspection and think about what you get from calling these lines and m\*\*\*\*.

If you want to talk more, feel free to email me [360gye@gmail.com](mailto:360gye@gmail.com)

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Re: new on gye / looking for help  
Posted by je613 - 02 May 2019 02:37

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I have no clue what I get from it! I guess its just the thrill and the one second good feeling!!!

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Re: new on gye / looking for help  
Posted by 360gye - 02 May 2019 02:43

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Think about when you're most pron to struggle and call the chat lines and m\*\*\*\*, what led up to those moments? what are you feeling when you call?

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Re: new on gye / looking for help  
Posted by cordnoy - 02 May 2019 02:46

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[360gye wrote on 02 May 2019 02:43:](#)

Think about when you're most pron to struggle and call the chat lines and m\*\*\*\*, what led up to those moments? what are you feeling when you call?

Horny.

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Re: new on gye / looking for help  
Posted by Shnitzel and kugel - 02 May 2019 03:24

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[360gye wrote on 02 May 2019 02:43:](#)

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Horny.

Sometimes you just crack me up

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Posted by Shnitzel and kugel - 02 May 2019 03:24

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[cordnoy wrote on 02 May 2019 02:46:](#)

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Re: new on gye / looking for help  
Posted by je613 - 02 May 2019 03:30

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well I feel like you couldn't put it better than the way cordnoy did!!!!

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Re: new on gye / looking for help  
Posted by 360gye - 02 May 2019 14:12

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but does that feeling come speratically and out of the blue or is there something which usually sparks that feeling? will you get horny just any time anywhere, or it's more common after something transpires/when you're bored?

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Re: new on gye / looking for help  
Posted by ColinColin - 02 May 2019 15:49

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Welcome.

when you have the urge, isolate it and replace it with positive action.

Davening

Walking.

Reading.

Speaking to a friend.

Visiting relatives etc

Things which can trigger the urge are

Hungry

Angry (resentful)

Lonely

Tired

the initial of these are HALT...and that is what you should do when you have the urge.

If depression is triggering the urge then that requires a deeper assessment of your life circumstances.

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