

just joined

Posted by A Brother - 21 Jun 2020 22:07

Hey! first time on the website- this is so incredible... 1st day on the 90 day thing. This has gone waaaaay too far. I feel so filthy and unholy.... this stuff eats my brain and just sucks me out of needing to deal with anything. All the bad mussar shmuzen i have ever heard are playing in my head on repeat. I really want to want to get out of this... like really... its so hard to work up the motivation when its so easy to fall into, and such a perfect escape from reality... but i know its so awful

could anyone offer some advice/support

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Re: just joined

Posted by A Brother - 25 Dec 2020 01:59

I was just feeling weak, and opened my email, and saw that @yeshiva guy was checking in on me that really gave me chizzuk thanks bro

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Re: just joined

Posted by YeshivaGuy - 25 Dec 2020 06:17

[A Brother wrote on 25 Dec 2020 01:57:](#)

thank you so much for keeping tabs... after a fall im back up and 3 days strong... still cant bring myself to talk to him... but for the meantime i made up with myself that I will absolutely wait 15 minutes before doing something I might regret. And, if by then I still think its worth the 100\$ knas I put on myslef for watching, I can go ahead. So far so good thank G-d.

Write a shtar, it helps a lot.

I highly recommend speaking to one of the guys here on the phone. It changes everything.

Ypu can PM me for info on who/how to call.

And update more often man! Don't be embarrassed of falls, or anything.

We are one family.

Dont ever forget that.

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Re: just joined

Posted by Grant400 - 31 Dec 2020 13:58

How's our brother doing? Is he in control?

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Re: just joined

Posted by A Brother - 01 Jan 2021 15:18

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Re: just joined

Posted by A Brother - 01 Jan 2021 15:25

Costs me a whole lot of money

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Re: just joined

Posted by A Brother - 01 Jan 2021 15:28

Instead of my bro though, now my mother has the password to my filter so hopefully it'll be a little harder to justify reasons to turn it off. And now the 100\$ knas is for using my device in a

private place ever.... so that I don't get far enough that I lose control

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Re: just joined

Posted by YeshivaGuy - 03 Jan 2021 07:18

Ok great.

Please keep us in touch. Talk about yourself, your ups and downs etc.

We are one family and we really all care about you.

Hatzlocha!

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Re: just joined

Posted by Ish MiGrodno - 03 Jan 2021 07:47

You are amazing and a modern day Yosef Hatzadik.

One pointer: I did Taphsic with all of its ups and downs, I paid tons of money, was a regular in the hataras nedarim chevra, etc...

L'maaseh, nothing changed until I change my self-talk and worked on rewiring my brain. I can't explain this concept as well as Hashem Help Me can; I would highly advise that you reach out to him...

?Be strong and keep up your awesome work!

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Re: just joined

Posted by A Brother - 03 Jan 2021 13:17

Ok thank you @yeshivaGuy for caring. Now 2 days clean. It feels so much better than being under the control of my yetzer hara. I will not fall today

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Re: just joined

Posted by A Brother - 03 Jan 2021 13:33

Wow. @ish migrodno

i checked out your thread. Woh. Dude. You are a massive inspiration. May hashem give you strength. The honesty and integrity it takes to do what you are doing, after being stuck for so long.... here I am feeling stuck and hopeless, then I see someone like you....

if you are not stuck, then I am not stuck.

you are overcoming this, and so can I. Wow. Am honored to speak on the same forum as you. Thank you for your chizzuk

im familiar with those concepts, and you are right. I have been punishing myself for a while and I still fall.... it's time to take that route

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Re: just joined

Posted by A Brother - 05 Jan 2021 17:02

To all the heilige yidden who have been encouraging me so far

For the first time in a very long while I am clean for 4 days. Your assistance has gotten me thus far. Thank you all my brothers and friends I feel like a human being

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Re: just joined

Posted by YeshivaGuy - 05 Jan 2021 17:12

Amazing!! Soo proud of you!

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Re: just joined

Posted by Grant400 - 05 Jan 2021 17:33

Beautiful! Thanks for sharing!

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Re: just joined

Posted by Zedj - 06 Jan 2021 04:28

Keep em coming!

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