

Is there someone like me

Posted by benny57 - 06 May 2021 12:35

Hi every one I'm new to the site I was suffering with watching shmutz and being mz"l for a few years now tried to stop SOOO many times by myself but no success then I overheard my brother telling someone about the website so I decided to try. I've been reading some of the posts on the forum witch gave me so much chizuk I read one about what the heck syndrome I related 100% to this once I fall I just carry on cause anyway and also someone wrote about wanting to fall because he wanted to have 90 days so if your just 4 days in fall now so you don't have to wait 90 days this was speaking directly to me me if anyone has some ideas to help at night while I'm in bed that seems to be the hardest time not to fall when I'm just lying bored in bed waiting to fall asleep thanks everyone it was good for me just writing this.

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Re: Is there someone like me

Posted by Taharat Yisrael - 14 Jul 2021 13:15

Its by email? Is it only for people addicted to porn or is also for guys like me who struggle mainly with just ??? ????? without regular access to unfiltered internet.

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Re: Is there someone like me

Posted by benny57 - 14 Jul 2021 14:53

this course has its own website flight2freedom.com and its for any of them at the beggining it asks you what habbit do you want to improve so you choose just mz"l there are 9 lessons its about a hour and a half each week i find it really insightful and helpful hope you do to.

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Re: Is there someone like me

Posted by sleepy - 14 Jul 2021 16:22

[benny57 wrote on 14 Jul 2021 13:11:](#)

[Taharat Yisrael wrote on 14 Jul 2021 04:46:](#)

Thats a great Peshat! What the "flight to freedom" course if you don't mind me asking?

its a new course from gye its goes through many skills and workshhets its once a week for nine weeks if im not mistaken there starting a new one in august you should definetly sigh up.

why is gye being so secretive about it, is it a special members only thingy?

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Re: Is there someone like me

Posted by benny57 - 14 Jul 2021 17:27

no idea, I just got an email one day offering to join this course so I applied and was excepted and its been amazing but I don't think its for any type of special members, I just joined less then 3 months ago hope I'm not spilling any secrets witch I'm not suppose to. anyone else here doing this course?

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Re: Is there someone like me

Posted by HappyYid - 14 Jul 2021 18:05

I'm pretty sure they sent to anyone that is signed up to their emails.

I don't think it's a secret.

I was doing it but then life got a little busy so took a break for now

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Re: Is there someone like me

Posted by Smokey - 14 Jul 2021 19:22

Love this pshat! keep pushing through, your an inspiration to all of us!

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Re: Is there someone like me

Posted by benny57 - 08 Dec 2021 16:39

Hey everyone, it's been a while since I last posted the last few months weren't great in my battle had a few clean spell like a week or two then kept on falling finally got rid of a device witch I had that was not filtered out was lying around from when my nephew was doing school on zoom, so now not got any device my phone is heavily filtered, I'm just not sure why this time will be any different but I'm just gonna try. If anyone has some aitzos would be much appreciated.

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Re: Is there someone like me

Posted by DavidT - 08 Dec 2021 20:47

[benny57 wrote on 08 Dec 2021 16:39:](#)

Hey everyone, it's been a while since I last posted the last few months weren't great in my battle had a few clean spell like a week or two then kept on falling finally got rid of a device witch I had that was not filtered out was lying around from when my nephew was doing school on zoom, so now not got any device my phone is heavily filtered, I'm just not sure why this time will be any different but I'm just gonna try. If anyone has some aitzos would be much appreciated.

This is mentioned many times but I'll mention it again....

CONNECT with someone (or with a group) in real life.

The opposite of addiction is not sobriety - it's CONNECTION. Addiction thrives on isolation! Find someone that you can share your pain and struggles with. And finally, have someone who can cheer you on and celebrate your both big and small wins with you!

It's also very important to remember that ultimately, only Hashem can overcome the addiction for us. As Chazal say: "If Hashem doesn't help him, he cannot overcome him" (the Yetzer Hara). But, in order for Hashem to fight for us, we need to know that we can't do it alone, and we need to reconnect with Hashem in a very fundamental way and learn a complete dependency on Him; much as a one day old baby depends on its mother.

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Re: Is there someone like me

Posted by Hashem Help Me - 09 Dec 2021 12:29

[benny57 wrote on 08 Dec 2021 16:39:](#)

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Maybe get in touch with someone real - a rebbi/therapist/GYE mentor...

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