

Hey

Posted by Chooseurname - 04 Apr 2022 19:37

Figured if I'm going to do this, I'm going to go all the way. So even though I was not planning on participating in the forum I guess I should give it a shot.

Talking about these things is difficult for me because 1) I hate talking about myself, and 2) this is something incredibly embarrassing for me.

But I'm committing to changing things and part of that might be involving myself in the social aspect of this website.

Brief introduction:

I've struggled with P and M since my high school days, better some times worse other. When I got married things went really well for awhile--probably mostly due to lack of access and presence of *pas baslo*. Then when I went to work boredom, stress, and easy access led to a relapse of sorts.

Then my wife caught me

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Re: Hey

Posted by strugglingWithMyself - 04 Apr 2022 19:43

Welcome!

I'm sure there are people who can give you better advice, for your situation - I would recommend checking out the GYE handbook, and keeping on the forum - a connection to the holy oilam here is only a good thing.

And shkoiach on posting - it is exceedingly hard to start, but it shows your tzidkus, that you want to work on yourself.

Keep strong!

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Re: Hey

Posted by DavidT - 04 Apr 2022 19:59

[Chooseusername wrote on 04 Apr 2022 19:37:](#)

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Welcome, may this be the beginning of your true path to freedom!

We're sorry to hear about your struggle and we are here to work together as a group to gain a better perspective on this topic and eventually be clean and lead a healthy happy life.

The biggest obstacle to succeeding is not believing you can succeed. The first impediment to overcoming this struggle is not in your genes, your childhood or your environment. If you believe you can succeed and are willing to make the effort, you will find the way out. Absolutely NOTHING stands in the way of a true RATZON.

Take the journey one day at a time. You might have times of sheer elation, times of utter frustration and times of vulnerability when you'll think that all your success might evaporate. Buckle up and get ready for the journey of a lifetime!

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Re: Hey

Posted by Whatamithinking - 04 Apr 2022 23:16

What happened between you and your wife?

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Re: Hey

Posted by Hashem Help Me - 05 Apr 2022 11:25

Welcome. It should be with hatzlocha!

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Re: Hey

Posted by Chooseurname - 05 Apr 2022 20:48

Well, WhatamIthinking here I am so clearly she didn't actually kill me, but also didn't let it go.

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