

Support Groups

Posted by Onthewagon - 14 Aug 2022 14:02

First time posting. I began my journey about a year ago with many small successes, but never more than a month without porn and masturbation (streaks usually are closer to a week, sometimes two). My inspiration has mainly been the online nofap community. ?I am currently about 5 days sober (I try not to count) and feeling extremely vulnerable.

After watching Eli Nash's 3 and half hour Q&A with Rabbi YY Jacobson, I have resolved to take my recovery to the next level.

As a first step, I would like to start attending in person support groups. Does anyone know of any in or near Monsey?

=====

Re: Support Groups

Posted by doingtshuva - 14 Aug 2022 22:31

[Onthewagon wrote on 14 Aug 2022 14:02:](#)

First time posting. I began my journey about a year ago with many small successes, but never more than a month without porn and masturbation (streaks usually are closer to a week, sometimes two). My inspiration has mainly been the online nofap community. ?I am currently about 5 days sober (I try not to count) and feeling extremely vulnerable.

After watching Eli Nash's 3 and half hour Q&A with Rabbi YY Jacobson, I have resolved to take my recovery to the next level.

As a first step, I would like to start attending in person support groups. Does anyone know of any in or near Monsey?

Here you can listen to the shiur

www.theyeshiva.net/jewish/8460/adult-content-webinar-with-rabbi-yy-eli-nash-the-shame-around-addiction

=====

Re: Support Groups
Posted by Markz - 15 Aug 2022 00:24

[doingtshuva wrote on 14 Aug 2022 22:31:](#)

[Onthewagon wrote on 14 Aug 2022 14:02:](#)

First time posting. I began my journey about a year ago with many small successes, but never more than a month without porn and masturbation (streaks usually are closer to a week, sometimes two). My inspiration has mainly been the online nofap community. ?I am currently about 5 days sober (I try not to count) and feeling extremely vulnerable.

After watching Eli Nash's 3 and half hour Q&A with Rabbi YY Jacobson, I have resolved to take my recovery to the next level.

As a first step, I would like to start attending in person support groups. Does anyone know of any in or near Monsey?

Here you can listen to the shiur

www.theyeshiva.net/jewish/8460/adult-content-webinar-with-rabbi-yy-eli-nash-the-shame-around-addiction

<https://gye.vids.io/videos/a79eddb11d18e6c02e/eli-nash-and-rabbi-yy-jacobs-discuss-p-addiction>

=====

=====