

help is needed

Posted by yehuda0524 - 30 Aug 2022 03:27

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Hey im really new to this program

Im 23 years old and have been battling with porn and masturbation for about 10 years.

I recently got married and was sober for about two months until old habits started creeping in once again. Its really painful for me because i see

the potential these behaviors can have on a marriage. it makes me feel real down and ashamed. I just want to live my life with clarity of mind and be able to just build beautiful relationships with hashem and all those i love.

Ive really tried to limit my access but there is always what to be found if ur searching

I have been working with a therapist and he recommended i turn to gye.

Just reading other peoples posts makes me feel like im part of something and that i might just be normal

I hope with hashems help this can be my guiding light in this everlasting darkness

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Re: help is needed

Posted by Vehkam - 30 Aug 2022 03:29

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welcome yehuda.... great that you are here and nipping this in the bud... have you tried anything specific so far?

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Re: help is needed

Posted by Zedj - 30 Aug 2022 11:05

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Welcome!

Stick around, keep posting and get to know some of the chevra here...you wont regret it.

wishing you much success on your journey!

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Re: help is needed

Posted by Captain - 30 Aug 2022 13:18

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Welcome!

Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.?

Hatzlocha!

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Re: help is needed

Posted by chancy - 30 Aug 2022 20:21

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Hi Yehuda!

You made the right choice when joining GYE where hundreds of yiden like you and me were able to learn how to fight and struggled along with the rest of us to become better Yiden and people.

Start with reading posts and posting regularly, it helps tremendously!

Also, read some of the free booklets.

the strongest impression on me had the F2F program, it will change your life!

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Re: help is needed

Posted by AlexEliezer - 30 Aug 2022 20:24

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Welcome.

Normal? Not me.

I'm *addicted* to the stuff.

Understanding that made all the difference for me.

What's the plan?

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Re: help is needed

Posted by yehuda0524 - 31 Aug 2022 04:05

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Amen! Thank u so much for ur chizuk and advice, really appreciated. I feel sooo welcome

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Re: help is needed

Posted by qualitystuff - 31 Aug 2022 15:00

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Welcome Yehuda,

You got it right. This is a good place !! Im pretty new myself here. You are very fortunate to be here at this stage in your life. I am well beyond in years and if you would see my story, when you are about to trip you would literally see a bubbling cauldron of Lava in front of you. Indeed continuing P&M habits is a very slippery slope. Think of it this way: When you go online do you look at the same image the whole time and go back to the same exact image every time ? I doubt it. We naturally look to move on to next and next etc. Well, i didnt think it would happen to me but i ended up in a place that was worse than the worst site i could have ever imagined. Just

before Hashem helped me turn things around i was estranged from every person that was in my life , I was alone in room for weeks verging on death by my own hands. I was barely able to remember my old, happy, successful self. Only thing i was thinking in those lonely very sick days was the old prehistoric computer that i spent hours trying to access 1 or 2 images of porn. And I thought to myself, why didnt you stop then ? It was so easy then !!

So Yehuda, keep up the good work may Hashem be with you.

Keep in touch if you wish.

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Re: help is needed

Posted by chancy - 31 Aug 2022 16:55

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You made me in shivers. I feel your pain coming thru in every word.

I would like to hear more about your story. if you are willing to share.

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Re: help is needed

Posted by qualitystuff - 31 Aug 2022 17:06

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I can chat now if you want

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Re: help is needed

Posted by ColinColin - 01 Sep 2022 00:50

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Welcome Yehuda.

Remember, take things day by day, hour by hour.

The key is not fighting your urges face on, but instead acknowledging them, and then asking Hashem for help.

Try mindfulness - take the urges, mentally put them in a box, and focus on another activity.

Do this any time the urge strikes.

Regard the urge as a cloud in the sky, a real object, but one that can float away.

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Re: help is needed

Posted by yehuda0524 - 02 Sep 2022 03:33

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Thank u so much for the chizuk! it is greatly appreciated! This community is amazing! This is what my therapist told me also. thanx

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Re: help is needed

Posted by yehuda0524 - 02 Sep 2022 04:01

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You made me in shivers. I feel your pain coming thru in every word.

I would like to hear more about your story. if you are willing to share.

Absolutely. My family never really had filters on any devices growing up and being a curious young teen, i started surfing the web hoping to find things. Bh over the years Hashem has really watched over me that it never lead to porn sites. But i was watching borderline porn on youtube. I was pretty protected in yeshiva bh but it was very difficult for me when i would come home for bain hazmanim.

When i was in 10th grade, i decided to open up to my father about it which was probably one of the smartest things ive ever done. He was very understanding and he tried to do the best he can and always keeping it private(my mother still doesnt know)

Its been better and worse at times. Over corona it was very difficult for me. It got really hard once again through the stresses of dating and that was when the masturbation became much more of an issue for me. i had a therapist and i reached out to him about these challenges i was having. Ive made some progress and learned some tools but i really feel and hope that i could do better. I hope and pray that through consistently checking in, posting, starting the program, and potentially getting a partner it will really help me be the best i possibly can be

What really sparked me turning to gye is i got married pretty recently and i feel my old habits on a smaller scale are resurfacing. This is partly due to the excess technology that i have on a regular basis(opposed to yeshiva). It gets me very scared because im trying to build a beautiful marriage and the house ive always dreamed of and i can see how these behaviors are soooo destructive. Ive really taken extreme measures in regards to filters and passwords. But i feel like it helps but cant be relied upon too much. My therapist recommended me joining gye and i truly see how amazing this program is and how special everyone in this community is. Its really amazing

Be"h with the help of hashem we can all overcome these challenges and reach the light at the end of this tunnel

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Re: help is needed

Posted by Markz - 02 Sep 2022 04:32

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[yehuda0524 wrote on 02 Sep 2022 04:01:](#)

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Keep on Trucking!!

You're doing great.

May I ask a silly question. What did your therapist want you to find on gye - taphsic? Libido lowering pills? Did he / she elaborate.

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Re: help is needed

Posted by YeshivaGuy - 02 Sep 2022 05:03

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Welcome home.

Always here for you if you need.

Reach out anytime

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