

it time to do what i need to...

Posted by abeklien11211 - 24 Apr 2023 18:35

It's not easy to move what I'm doing right now, but I feel it's time to start after so long waiting.

My story starts at age 10 I was molested by a private tutor since then my problem has started to get into this stuff, in yeshiva, I was crazy R"L with this terrible stuff.

Fast forward I got married BH to a wonderful wife it got much better but I feel the last few months it got worse back to the old times

I continue later

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Re: it time to do what i need to...

Posted by chancy - 24 Apr 2023 18:55

Hi Abe,

Welcome to GYE, a safe place where you will learn that you are not alone in this struggle and there are others feeling the same as you.

Please look around at the great posts here and work thru the F2F program which is incredible!

Please share some mroe about your struggle, what are your issues right now? are there things you have done to stop this behavior?

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Re: it time to do what i need to...

Posted by chancy - 24 Apr 2023 18:55

Hi Abe,

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Please share some more about your struggle, what are your issues right now? are there things you have done to stop this behavior?

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Re: it time to do what i need to...

Posted by abeklien11211 - 24 Apr 2023 19:01

Thanks for your reply. I didn't imagine it was so fast that I should get a reply

for now, my main concern is about the urge, BH I have a great filter on my computer but the fantasy and lust are very strong this cost me to fail

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Re: it time to do what i need to...

Posted by DavidT - 24 Apr 2023 19:20

I'm sorry to hear about your molestation which can really affect a person with these issues. Did you ever get help for that?

Also, GYE has some great tools to deal with

urges app.guardyoureyes.com/toolbox/dealing-with-urges

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Re: it time to do what i need to...

Posted by EccentricComposer - 24 Apr 2023 19:21

Welcome to GYE, its great to have you here! I hope you have Hatzlacha in your fight with your urges! Stick around and post!

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Re: it time to do what i need to...

Posted by abeklien11211 - 24 Apr 2023 19:26

not real help only one of my masgich in yesiva nothing more

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Re: it time to do what i need to...

Posted by Eerie - 24 Apr 2023 20:43

Hi! Welcome, dear friend! We are your brothers here, we care for you and want to hear from you. So please share whatever you would like to. Stick around and get to know the chevrah, there are some really good guys here, and beH to gether we'll all go only upward.

I'm so sorry to hear about the molestation, and the issues you currently face. It may be a wise thing to speak to a quslified therapist about. And keep letting us know how are doing, we care about you

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Re: it time to do what i need to...

Posted by Captain - 25 Apr 2023 00:54

Welcome! So good to have you here!

Please check out these free resources:

ebook/book: The Battle of the Generation. Incredible book. It's a real game-changer.

Audio series: The Fight by Rabbi Ben Tzion Shafier. Also incredible.

Links are below in my signature.

Hatzlocha!

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Re: it time to do what i need to...

Posted by soaring high - 25 Apr 2023 02:17

welcome brother!! hatzlacha raba!! while i will never understand what you went through, there is help for everyone, urges are normal, very normal, why don't you share a little more about yourself? were you clean for a while before you got married? how long? and how did this progress after you got married? i think this can help get a better understanding of some tools that helped us in the past as well as figuring out what triggers you, hatzlocha again! you can do it!

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Re: it time to do what i need to...

Posted by Emes-a-Yid - 25 Apr 2023 05:36

Hey Abe, welcome to the close gye fam!

Thanks for opening up, it definitely isn't easy 1000% but with that you will beh get proper guidance and support for many topics you feel to share or ask on.. You control your growth and you have made it this far, now if you can it will help to speak with people

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Re: it time to do what i need to...

Posted by abeklien11211 - 30 Apr 2023 17:22

BH very nice ??? no lust no argued, but today with the rainy whether and in office alone is back to square on

any help please is welcome

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Re: it time to do what i need to...

Posted by Markz - 30 Apr 2023 18:50

[abeklien11211 wrote on 30 Apr 2023 17:22:](#)

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any help please is welcome

I suffer from the same, I know all about it.If it would be a help for you, feel free to send me a screenshot every 10 minutes or all the screenshots that you have of the day, for no extra charge.

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