

new to this

Posted by ih987654321 - 19 Sep 2023 01:09

I have struggled with issues of p and m for many years and bh I have made some small strides on my own, but today I found myself struggling more than usual and decided to check out gye I have been blown away by the fact that I can now share a struggle that I have had for years with other people who are going through the same thing. it really gives me hope that I can make the leap to a full recovery of this addiction. lets keep the chizuk going

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Re: new to this

Posted by Yeshayahu 41:6 - 19 Sep 2023 01:15

Welcome aboard!! You've certainly come to the right place. Here we share each others struggles with unconditional support and understanding.

Keep us in the loop, we want to hear from you!!

G'mar Chasima Tova

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Re: new to this

Posted by Hashem Help Me - 19 Sep 2023 02:43

Welcome. It should be with hatzlocha. Yes, it is a real game changer that there are very many normal guys who struggle(d) as well, and that BH many of them are clean now. It changes the yi'ush loser script that the yetzer hara had us believing...

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Re: new to this

Posted by bright - 19 Sep 2023 02:51

Yes welcome! You can and will IYH change. Would you like to share a bit more?

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Re: new to this

Posted by Avrohom - 19 Sep 2023 03:03

Welcome! This should be a wonderful new beginning for you - B'eZRas Hashem you should see lots of success with the help of the people and tools available here.

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Re: new to this

Posted by ih987654321 - 19 Sep 2023 03:10

such as ?

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Re: new to this

Posted by bright - 19 Sep 2023 03:56

try F2F and getting accountability partner

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Re: new to this

Posted by Captain - 19 Sep 2023 13:09

Also check out The Battle of the Generation

and The Fight.

See links below in my signature.

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Re: new to this

Posted by eerie - 20 Sep 2023 00:22

Welcome to the family! Please share some more about yourself and your struggles. We are here to be your friends and family, we care about you, and we want to hear from you so please keep sharing. And of course, keep trucking!

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Re: new to this

Posted by Avrohom - 22 Sep 2023 03:54

[ih987654321 wrote on 19 Sep 2023 03:10:](#)

such as ?

For me, the most helpful thing when I started was reading through people's threads and seeing how they began in a similar place to me and learned how to break free. I learned that many people shared similar struggles as I did and they discussed some of the strategies and shift of mindset (that's probably more important than strategies) that was helpful to their improving and recovery.

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Re: new to this

Posted by ih987654321 - 05 Oct 2023 00:16

Just checking in, I have managed to cut out a few triggers and everything is going very smoothly. I am worried though, that things are too easy does anyone have words of advice?

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Re: new to this

Posted by ainshumyeiush - 05 Oct 2023 01:20

Take this time to strengthen yourself for when the going gets tough

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Re: new to this

Posted by eerie - 05 Oct 2023 04:14

Thank Hashem that it's easy right now! It's ok if things are easy, don't make it hard for yourself!

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Re: new to this

Posted by Adam2014 - 05 Oct 2023 10:02

Best of luck, I am new myself and feeling slightly hopeful for the first time in years

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Re: new to this

Posted by ih987654321 - 19 Oct 2023 04:58

hi just checking in had rough couple of weeks and bh was able to overcome the urge to use p and m as an outlet. it became way easier to deal with when I realized that the urge was just me trying the easy way out, and although I always knew that was the case, being conscious about it really makes a difference.

?on that note I am proud to say I have reached 35 days clean which is my longest streak.i will
iyh like to start posting more to help with accountability and motivation

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