

new to this

Posted by ih987654321 - 19 Sep 2023 01:09

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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 Vehkam - 19 Nov 2023 03:17

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[ih987654321 wrote on 19 Nov 2023 02:08:](#)

hi gut vouch to all, today I was taking a nap and while I was sleeping I had a real vivid dream and In my dream I saw some very inappropriate sights and I was getting very aroused and I remember thinking to myself you will break ur streak in my dream but couldn't control myself and wound actually waking up as I was motzei zera.

First of all I want to know how I can prevent something like this from happening to me

second I am very torn as I have been working very hard and my streak is 65 days which is the longest its ever been and I'm not sure if this is considered a fall or not. On one hand It was in my subconscious, on the other hand , what happened happened. also I keep telling myself maybe I could have controlled myself even though it was a dream it felt very real which makes it feel like a fall

Imk what u guys think.

Not in your control and not a fall. Ignore it and move on. Eventually these types of dreams will stop.

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Re: new to this

Posted by ?????1 - 19 Nov 2023 10:12

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Welcome i wanna bless you should have hatzhlocha with your new Journey i am also new here but after being here not more then a few weeks i am feeling like a part hope you will get Comfortable here i am praying for your Success

be strong

don't give up

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