

I am back to try again

Posted by NewAgain - 30 Sep 2023 10:45

Hello, I want to say that I am back after another long absence. I thought I could do it on my own, but deep down, I just wanted to return to a life of smut. My Yetzer just took over and took me down a path that I am sure many of you know and have traveled.

After moderate success (it is very subjective), I felt that I didn't need GYE or filters, or any of the tools that are available. That is when the Yetzer felt threatened and for the first time in my life, I was taking action, the Yetzer went on a full-scale assault and knew that I was trying to break free. That is why this time it was the worst. I sunk ever so low, and I reached new depths I never thought possible.

Through davening and learning that I need help, HaShem led me back here, I am three days clean and am going to give this program my full attention and devotion. Thank you for listening and allowing me another chance.

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Re: I am back to try again

Posted by true_self - 01 Oct 2023 21:51

Welcome back! Wishing you much hatzloche.

Do you have a strategy to make sure you don't fall into that trap again and that you really do the right thing? Maybe it's worth considering a accountability partner.

All the best.

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Re: I am back to try again

Posted by ainshumyeiush - 02 Oct 2023 00:39

Im pretty sure that everybody here was here before that final time when they decided to commit fully. Stick around and bezras hashem this is the beginning of the new you

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Re: I am back to try again
Posted by NewAgain - 04 Oct 2023 10:37

I think an accountability partner would be a great idea. I am just not sure how going about getting one. I am very hesitant on who to trust.

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Re: I am back to try again
Posted by ainshumyeiush - 04 Oct 2023 12:06

Reach out to hhm

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Re: I am back to try again
Posted by chaimoigen - 04 Oct 2023 13:53

[NewAgain wrote on 04 Oct 2023 10:37:](#)

I think an accountability partner would be a great idea. I am just not sure how going about getting one. I am very hesitant on who to trust.

Welcome. You are not alone, and there is hope. It's a lot easier with friends and mentors. And actual change is possible!

But you need to jump in.

There are **always** a lot of good reasons **not** to make changes. Grit your teeth and do it. You'll start off completely anonymous. As you find healing, that may change, with the trustworthy people you'll encounter, but no one will force you to do what you aren't comfortable with.

(Except maybe to face some uncomfortable truths along the way. HHM has been called the nicest, kindest brutal sledgehammer of truth

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Re: I am back to try again
Posted by redfaced - 04 Oct 2023 13:54

[NewAgain wrote on 04 Oct 2023 10:37:](#)

I think an accountability partner would be a great idea. I am just not sure how going about getting one. I am very hesitant on who to trust

If you cant trust HHM - than you cant trust anyone.

Facts are , literally hundreds of people have confided in him. He is the most nonjudgmental caring person you can ever come across.

Speak to him.

You wont regret it.

I promise.

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Re: I am back to try again
Posted by bright - 04 Oct 2023 15:33

[NewAgain wrote on 04 Oct 2023 10:37:](#)

I think an accountability partner would be a great idea. I am just not sure how going about getting one. I am very hesitant on who to trust.

You can trust Hashem Help Me

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Re: I am back to try again

Posted by true_self - 07 Oct 2023 20:14

Yes you can, I if you think that you can't than pick up a phone and prove yourself, Just do that phone call, I know it's very hard, but worthwhile!

Much hatzlacha.

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