

Will give it another try

Posted by poweryid1 - 26 Nov 2023 23:17

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I began this journey of trying to break free around a year ago. No matter how hard I tried I didn't get past the 30 day clean streak, I gave up for a while and here I am again with the strength to try again and break free from porn and masterbation, when I watched my first porn video I was only 13 years old, I woke up before my parents every morning to use their computer to watch "the daily video", that's how it all started not knowing what this would pull me into.

Since then i had my bad times and better times, I had times that i just didnt think i was frum I basically gave up everything. I always found a way to get thru the filters and fill my desires with some comforting video...

I suffer so much from it these days, when I work and deal with women all I do is think about what would be if I could try her out.. and every free minute I have in my office I spend working out how to break my filter. It's crazy I hope I'll be able to get thru this one day.

I finally took the courage to write down my story and hopefully this time with your help I'll succeed in breaking free and have a normal relationship with my wife and a normal peaceful life at home, at work and generally during my day.

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Re: Will give it another try

Posted by eerie - 27 Nov 2023 00:25

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Hi! Welcome to the family! My friend, you have come to the right place. Please stick around, learn the ropes, try the flight to freedom program, or even better, click the GYE + symbol on the top of the page. There are many wonderful tips in the videos there. ANd of course, get to know the boys. Hold on, the ride is just starting, and BeH you'll be holding in a way better place soon. Remember, Keep trucking..and keep smiling!

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Re: Will give it another try

Posted by youknowwho - 27 Nov 2023 01:16

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Hi Poweryid1!

I'm sorry to hear that your first try was rough, yet know, that taking this courageous step of posting will likely lead to more courage and strength, beyond what you can even possibly imagine.

Get your toe snug on the first rung of that proverbial ladder, where it feels somewhat doable, and see where it leads you!

Rooting for you out here in GYE land...

Wishing you much success!

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Re: Will give it another try  
Posted by tp1 - 27 Nov 2023 02:43

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Welcome back!!

I can relate to the non stop struggle and the feelings of failure in regards to ever breaking free from looking at inappropriate content.

posting daily your journey as well as using the tools available definitely help.

also what I found that works best for me is a change in mindset in regards to my relationship with hashem and my wife.

while I have had some small slips and lustful urges I haven't acted out on them as I have in the

past.

Hatzlacha!

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Re: Will give it another try  
Posted by HeChochma - 27 Nov 2023 19:50

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i will second and carry the motion by tp1 -

**Post your journey every day!**

I know that it feels strange sometimes - believe me the guys here actually do want to hear how you're doing - the good, the bad and the ugly.

I know that sometimes it feels like there's nothing to write - just pop in to say hi, we all would love to ~~hear~~ read your ~~voice~~ post!

I know that sometimes it feels too impossible to face this challenge and too depressing to think about - come post about it - we've all been in that situation and we all sometimes feel like that!

Looking forward to hearing from you!

HeChohma

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Re: Will give it another try  
Posted by iwannalivereal - 27 Nov 2023 20:26

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Welcome to the family and good work building up the courage to post your story. Takes many (including myself) years to get to that step!

Personally I struggled for 15 years and I honestly thought I could never stop. I thought I had tried everything and since nothing had gotten me past a few days I figured that that's it and I'm stuck in this forever. Even after discovering GYE I somehow was still pretty convinced that there was no way out. Somehow I thought that all those guys who broke out were different than me... I needed it... I enjoy it way too much and I can't do without... I enjoy it so much that I don't even want to stop!

Recently b"h I discovered that I was in fact dead wrong. I can stop, and I did stop. Something that really helped me was getting to know some of the crazy awesome guys that lurk around on here. Some I got to know through private messages, others through phone call, and others even in person. Each connection I made added to my helping me be able to stop. Another major tool that helped me stop was changing my mindset by reading the battle of the generation book. Literally saved me, changed me, and rejiggled me. It has helped me and many many others. Check it out.

Hatzlacha Meruba

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Re: Will give it another try  
Posted by poweryid1 - 27 Nov 2023 21:02

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Hi

thanks for responding, i really like your message and will post what I did today even though not much happened, I feel a crazy pull to just give up. If I could only watch one porn video would be great but I'm holding myself back and hopefully I will succeed. As of now I am clean today so let's hope I can push this thru.

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Re: Will give it another try  
Posted by true\_self - 27 Nov 2023 21:02

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Welcome to the family! Sorry for the hard time you are going through, with the right input you will beH reach freedom.

Would you like to share more?

What did you already try?

Why do you think (on a practical level) that this time will be different (besides hoping)?

?Do you have a strategy?

Looking forward, and congratulations for having the courage to post! its a huge step!

KOT!

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Re: Will give it another try

Posted by chaimoigen - 28 Nov 2023 04:24

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I'm going to add my voice to the welcome chorus. it's a lot less lonely walking this road when you've got friends to walk alongside of you.

There are special people here, a lot to learn, and folks who understand.

Hope lives here. You can break free. Other guys just like you did it. With Siyata Dishmaya and work, you can too.

Here's a warm hand.

Looking forward to getting to know you better !

Chaim Oigen

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