

My story

Posted by athecher - 19 Dec 2023 02:11

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I'm 21 years old, I started porn/masturbation when I was 17. All this time I was so shy and embarrassed from it that even my parents didn't know about it, not to mention friends. I did take the courage to mention the issue to my mashpia/mentor but never took serious action. Finally when I was 20 years old I started talking to a psychologist (still without my parents knowing) he introduced me to GYE and also got me to open up to my father about it. I stopped talking to the psychologist after a couple months (mainly because i went out of town for yeshiva) I started doing the flight to freedom program which definitely opened up a whole new world for me and showed that there is hope. but now I find it hard to be consistent with the program - I'm busy with yeshiva or whatever it is and end up stopping for a couple weeks and then get back in to it - having to start all over again if I want to do a proper and thorough job

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Re: My story

Posted by ainshumyeiush - 19 Dec 2023 02:27

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Welcome! Congratulations on taking the step of posting. It sounds like you're taking this very seriously. And im also not so consistent with the f2f program with yeshiva and everything going on, but i don't think you have to restart every time, just pick up where you left off.

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