

Intro

Posted by moishe11 - 19 Nov 2024 17:20

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Hi All,

Just a quick intro. I have been dealing with P&M my whole life. I have been sober now for around 2 1/2 years BH. i have had unbelievable growth as a person. With that being said i am not lust free. I definitely have my periods of dry sobriety as well as taking actions of lust (although they are not P&M, they are sexual actions that i shouldn't be doing). I am basically joining so i can have some accountability and take my sobriety to the next level of where i am completely lust free, and when i do have the feeling to take an action of lust to reach out here for some help. So here is day 1 on here.

Thanks for listening!

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Re: Intro

Posted by chancy - 19 Nov 2024 17:33

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[moishe11 wrote on 19 Nov 2024 17:20:](#)

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Thanks for listening!

Hi Moishe11,

Welcome to GYE! We are thrilled to have someone here that doesn't struggle with P&M.....  
Thats a chidush.....

You made the right decision to join, there is always room for growth.

Can you please share a bit more about your background?

What are your issues now? what are you trying to achieve?

Dont be shy, nobody here is judgmental.

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Re: Intro

Posted by rebakiva - 19 Nov 2024 17:34

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Welcome R' moishe11, you couldn't have taken a better step forward, then joining this community.

That said, accountability has proven itself to work best, with another live human being, better then just online, so please do yourself a favor and reach out to the greats, starting with the commander in chief HHM at [michelgelner@gmail.com](mailto:michelgelner@gmail.com), MUTTEL at [muttel15@gmail.com](mailto:muttel15@gmail.com), or EERIE at [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com).

Hope is here, Just keep it up and keep us posted.

With love Akiva

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Re: Intro

Posted by eerie - 19 Nov 2024 17:38

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Welcome! Sounds like we could learn something from you. Please share!

Stick around, my friend

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Re: Intro

Posted by vehkam - 19 Nov 2024 20:12

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[moishe11 wrote on 19 Nov 2024 17:20:](#)

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Thanks for listening!

Great to have you here. Wishing you tremendous success in continued growth.

vehkam

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Re: Intro

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Posted by 138eagle - 19 Nov 2024 23:28

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Welcome aboard!

Thanks for joining.

You will be an asset to the family. (not to mention to yourself)

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Re: Intro

Posted by Muttel - 20 Nov 2024 09:42

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Welcome!

Boy am I happy you joined! I had what you experienced for a 12 year period before falling back in during Covid... Here's wishing you a ton of hatzlacha on getting clean internally and developing tools to fight the YH!

Muttel

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Re: Intro

Posted by moishe11 - 20 Nov 2024 16:17

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Thank you to everyone for the positive welcome!

Yesterday was clean BH. Here is to another one. One ay at a time.

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Re: Intro

Posted by moishe11 - 21 Nov 2024 19:15

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Quick check in.

Clean yesterday. dealing with a little bit of fantasy, which is expected after taking an action of lust. trying to ignore/keep busy/urge surf until it passes.

Here is to another clean one today!

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Re: Intro

Posted by wantingbetter - 21 Nov 2024 19:17

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Letzzzzzzzz goooooooo!!!!!!!!!!!!!!!!!!!!!! You got this!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: Intro

Posted by wantingbetter - 21 Nov 2024 19:18

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[rebakiva wrote on 19 Nov 2024 17:34:](#)

Welcome R' moishe11, you couldn't have taken a better step forward, then joining this community.

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Hope is here, Just keep it up and keep us posted.

With love Akiva

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Re: Intro

Posted by moishe11 - 25 Nov 2024 17:55

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and why not reach out to Rebakiva? oh maybe he's just the shy type.....idk...  
Hey guys,

Quick check in. All clean over the weekend. Had a couple of sick days and high pressure situation but thank G-D made it through clean.

Another day today. One day at a time.

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Re: Intro

Posted by moishe11 - 27 Nov 2024 19:09

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Just a quick check in.

All clean. Definitely having some financial pressures, but just trying to rely on G-D.

Acting out is definitely not going to help anything.

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Re: Intro

Posted by moishe11 - 06 Dec 2024 17:06

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Hi Everyone,

So last night i slipped up. No P&M BH. but i did look at lustful pics and videos and really want to cut that out.

I need some accountability and a partner. i will check out that part of the platform on GYE.

Lets be clean today. right back at it. No self dedstruction.

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Re: Intro

Posted by rebakiva - 06 Dec 2024 17:21

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My dear friend R' moishe11

I'm so sorry that you've slipped, and it really is a smart and courageous step to get some accountability, but that said IMHO I don't think it's another part of the GYE platform, it's best done on the phone with another live human being, just watching the numbers going up, isn't nearly as helpful and exciting as getting the reply text from HHM at 7:00am saying something like "hero" or "awesome", these to a lot of people give them the good feeling of warmth, and the adrenaline to keep fighting.

So please do yourself the favor and reach out to another "person" not just a online bot.

Keep it up and keep us posted

With love Akiva

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