

what happened to me

Posted by lamaazavtuni - 19 Jan 2025 20:25

Hi this is my first post. I'm planning to share my story eventually levayla I'm just looking to get some Chizik and see who's out here, share our struggles. Im blown away by what iv seen here on gye and i already feel stronger by seeing everybody else's story's and it gave me tremendous chizuk. lets be in touch!!

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Re: what happened to me

Posted by odyossefchai - 31 Mar 2025 12:00

Brother, to hear about your struggles, is hard and painful.

I know this is cliché-ish (is that a word?) but you can break free.

But most of all, don't hate on yourself. You can be like me and outsource that stuff. There are enough people out there that have issues with me. I just close it up and keep on trucking.

Don't be hard on yourself. And don't say things like 'i was hoping to be further along on my journey than I am now'.

That's maybe someone else's journey. Not yours. Yours is personal to you and you are moving at a good pace. You came to GYE, you out together a nice streak or two and fell.

These are big steps. Opening yourself up to others. Opening yourself up to yourself and seeing that you can change. You've made huge steps. HUGE ones.

You've made big progress and don't let little falls lie to you that you weren't where u need to be.

You are exactly where you need to be.

You came to the place where people like you, can get help and improve their lives. So pick yourself up and keep on moving.

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Re: what happened to me

Posted by chosemyshem - 31 Mar 2025 12:41

Let the record show that I hit "Thank you" only for the invention of "truck up."

With regard to the rest of the post I'm entirely maskim to R' OYC's beautiful words.

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Re: what happened to me

Posted by Muttel - 31 Mar 2025 18:22

[lmaazavtuni wrote on 31 Mar 2025 03:23:](#)

2 days clean! Shtikle unsatisfying feeling that the cleaner and better I get at controlling my eyes and having a more healthy normal brain that takes other people into account . The more I realize how sick of a human I am and how much work I'm gonna have to do together to base level . Gotta truck up

Warning: Spoiler!

I gotta be honest - I agree that you're a sick human being ?????? "?? ???? ???? ????". We all have normal male urges. I don't want to trigger anyone here - but I know I've engaged and connected to super peculiar behaviors..... Does that make me sick? Well, considering you're a sick human being, I am too. But I'm a sick human being who's living life ?????? ??????, and you can too.

Let's keep trucking up together - and we'll enjoy some quality time together too,

Muttel

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Re: what happened to me
Posted by lamaazavtuni - 03 Apr 2025 00:45

Hey chekin in with the oilom... bh I'm 5 days clean !!! And was awesome last few days with shmiras eynayim!!!imh vaiter. Probably had to do with the fact that I spent some quality time with my wife in the morning just makes the whole day better, and keeps me strong.

ah gutteh nacht yidden

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Re: what happened to me
Posted by lamaazavtuni - 06 Apr 2025 04:51

Ah gut vuch !!! And bh a clean voch under my belt
Warning: Spoiler!

Imh this coming week should be as smooth!

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Re: what happened to me
Posted by Muttel - 06 Apr 2025 13:43

Yes, though forever more the only day you need to worry about is today. 7 of them would constitute a week, but for me, thinking ODAAT is helpful.

Just sayin'.

Muttel

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Re: what happened to me
Posted by lamaazavtuni - 07 Apr 2025 11:51

9days clean !!! No news is good news. Just posting leman posting and to t4 that I'm up so early...

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Re: what happened to me
Posted by cleanmendy - 07 Apr 2025 13:35

[lamaazavtuni wrote on 07 Apr 2025 11:51:](#)

9days clean !!! No news is good news. Just posting leman posting and to t4 that I'm up so early...

Reb Lama, its not **No** news, Its **yes** news, news that your changing, news that your in an upward growth!!

And its great news!!

KOMT

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Re: what happened to me

Posted by lamaazavtuni - 08 Apr 2025 04:16

10 days clean !! Starting to miss talking to my gye chaverim

Warning: Spoiler!

But really trying to stay focused on living productively and filling my time with Torah/spending quality time with wife/kids and living responsibly so that I actually feel good about myself and don't need to turn to detrimental stuff to keep me pacified and to keep life exiting .

Also recently noticed how much I need a dopamine rush constantly to feel alive dunno if that's from years of porn or I was always like that and it was something that porn provided (what came first chicken or the egg) but definitely need a rush pretty often and get burned out/bored of stustuff quiet quickly .

If any hearois on this would appreciate alot.

Ahh gutten nacht

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