

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 lamaazavtuni - 15 Jun 2025 05:20

Ah gut vuch , after feeling so strong and confident I fell on Thursday Although I did reach out to a friend and took all the precautions it didn't end up helping and at one point I just gave in.

first time I watched p in a long long while so I'm a little nervous that I just opened a fat can of worms considering that I think I made a lot of progress in recognizing the fakeness of it and now those thoughts that thats how se.. could look starts creeping into my mind and the endless opportunities of what to watch and now i feel like I missed some....

But at least I didn't go live so gotta look at the positive side

Overall feel like I'm making a lot of headway in discovering the root of this problem,

HASHEM yilacheim lachem veyatem tachrishoon!!!!

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Re: what happened to me

Posted by chaimoigen - 15 Jun 2025 05:53

Hey, here's a warm hand! That hurts...

It's important to really stay strong for a few days until the poison of the porn passes out of your blood... gonna be tough.. after that you can get right back to where you are up to, and continue the amazing progress.

Hang tight,

Chaim

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Re: what happened to me

Posted by lamaazavtuni - 18 Jun 2025 00:27

Just checking in , were

Warning: Spoiler!

28 days clean from live and 5from p*** !!!

having a lot of emotional pain these days but i think it's getting me somewhere as I dig to the deepest depths of myself ,and honestly look at myself what do I want

Last night had a few hours to myself without wife home so me and the aibishter had some lchaims then I sang and cried for about an hour!! Raboisay try it tremendously therapeutic!!!

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Re: what happened to me

Posted by lamaazavtuni - 19 Jun 2025 00:42

Chekin in doing well!! Making an effort to reach out to more chevra , I think that keeps me in the clean mindset,

I'm constantly blown away by th selflessness of the mentors here and how each one has so so much to offer with their unique kneitch and kook on the struggle. I have unlimited hakaros hatoiv , and if anybody thinks their part of this list they probably are.

I hope your efforts will continue to bear fruits!!!

Thank you hashem for helping me find gye !!!

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Re: what happened to me
Posted by lamaazavtuni - Today 18:34

Had a massive win today , was in a life situation that should have totally thrown me off the edge ,yet I had the strength patience and perseverance to stay calm logical and not get emotionally wrecked (whitch would have been a vadai fall in the worst way). .

Thank you hashem for another clean day!

The journey was worth it just for this one fight it feels not shaich!! I feel on top of the world!!!

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