

My journey

Posted by naftoly18 - 18 Mar 2025 11:20

Perhaps to post all about my own journey is somewhat narcissistic or self obsessed but I don't know what to do anymore. I need to post and if it is a bit self obsessed it's because I am I have no day or night that I'm not chased by my demons. So I am self obsessed about fighting or doing masturbation one way or another. I need HELP not chizuk not kind words although I do appreciate it. I need someone who is a veteran who is smart who can answer my questions who is willing to take under their wing. I am broken and I need to fix myself. Now I see I'm not sure I can do it myself so please someone, smart who's a veteran of this system please help. If you live in Lakewood and are willing to talk in the phone even better. It's hard for me to take this first step parts of me don't want to and is worried about my anonymity but I need to do this. If you got until here thanks for reading. I appreciate it. Any chizuk is welcome thank you all

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Re: My journey

Posted by BenHashemBH - 18 Mar 2025 13:11

[naftoly18 wrote on 18 Mar 2025 11:20:](#)

Perhaps to post all about my own journey is somewhat narcissistic or self obsessed but I don't know what to do anymore. I need to post and if it is a bit self obsessed it's because I am I have no day or night that I'm not chased by my demons. So I am self obsessed about fighting or doing masturbation one way or another. I need HELP not chizuk not kind words although I do appreciate it. I need someone who is a veteran who is smart who can answer my questions who is willing to take under their wing. I am broken and I need to fix myself. Now I see I'm not sure I can do it myself so please someone, smart who's a veteran of this system please help. If you live in Lakewood and are willing to talk in the phone even better. It's hard for me to take this first step parts of me don't want to and is worried about my anonymity but I need to do this. If you got until here thanks for reading. I appreciate it. Any chizuk is welcome thank you all

Shalom Brother,

Sorry to hear you are in a tough spot, but glad you feel a push to fight.

Help will always be given at GYE to those who ask for it.

Perhaps reach out to user HashemHelpMe (HHM) at michelgelner@gmail.com

There are some amazing folks in Lakewood and I'll let them introduce themselves.

Hatzlacha Rabbah

I don't know that I fit the description of what you are looking for, but happy to be in touch and help in any way that I can.

BenHashemBH@gmail.com

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Re: My journey

Posted by proudyungerman - 18 Mar 2025 14:48

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As has been mentioned, there are many tools here to help you in this fight. Some of them you may be familiar with, some may be new.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is a great compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: My journey

Posted by cleanmendy - 18 Mar 2025 15:12

Its amazing that your reaching out to get help, that answers your question that you really do want it.

Reach out to one of the mentors on proudyungermans post and they'll lead you to someone who can shtim with you.

Tons of Hatzlacha

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Re: My journey

Posted by mickey30 - 18 Mar 2025 18:34

that took a lot of strength and courage to do what you just did. Amazing!!

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Re: My journey

Posted by renewedunicorn23 - 18 Mar 2025 21:19

Mad respect, I really feel the rawness of your post and I just know it took a tremendous amount of strength to even decide to write it. You clearly are determined and you WILL be successful. If it's not too much to ask, I highly encourage pushing yourself to write a bit more about your situation. It will help clarify your own thoughts and take a step back so you can approach this confidently. It will also help others who identify strongly with your situation (and there ARE people on here who do, whatever it may be) find you. We're rooting for you hard my brother.

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Re: My journey

Posted by eerie - 19 Mar 2025 16:52

Oy, your pain is so great, I'm so sorry

My dear friend, the fact that you are willing to connect to someone, that has the potential to really change things around in your life.

Stick around here, this is the most amazing place, we care about you, we want to hear from you, and we are here to help in any way we can

My friend, there is a bright future possible! If you want to, feel free to reach out to me at the email in my signature

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Re: My journey

Posted by naftoly18 - 04 Jul 2025 00:48

Thank you renewed unicorn and everyone who answered my post it's been a while since my last one so here goes and I'll take you up on your advice. No bs no filtering just me. I'll try not to come off as a guy who thinks of himself too much although I don't know how that would be possible for me as I'm in the depth of depravity. I've always had this issue I was into this type of thing even before I hit puberty. And it's been haunting since. So to say that the reason I'm in such a rut has to do with my current state of affairs is hardly true but I'm sure it contributes. Enough of sounding preachy here goes I'm addicted plain and simple it took me a long time to realize that and not having control of myself is something that's hard to accept and come to terms with. Ive had taavos but since i got married i became self destructive. Some examples i

barely sleep to hurt my chances of being successful. I hate my marriage and I know everyone will say it has a lot to do with watching things you shouldn't and doing things you shouldn't I get that. But I think for me it's deeper, I should say I know. It has been since the beginning since the day I went out with her untill today and now I'm trapped and petrified to be me or succeed because the pain of being stuck eats me up alive. So I binge watch Netflix and kill myself with porn and masturbation. This may be meant for a private form so I hope you all will bear with me I felt if I don't say it now it Ain't gonna come out I hope that makes sense it's hard to share and hang my dirty laundry out there but I can't hold back anymore

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Re: My journey

Posted by yosefthet zadik - 04 Jul 2025 01:13

Hi, I've joined pretty recently myself.

Just wanted to let tou know that there is hope! Lot's of guys on here who have successfully overcome their addiction. (Including me. 6 months no point, 16 days no masturbation)

I would recommend you start the flight 2 freedom program which will teach you how to handle urges and not have to always fall through. From my understanding, HHM is a great guy to contact If you struggle with addiction.

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Re: My journey

Posted by lamaazavtuni - 04 Jul 2025 01:30

Hey brother I could relate to a lot of what you wrote ... I recommend to reach out to one of the mentors...

If you wanna be in touch at a later date I definitely could.

Hazlacha!!!

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Re: My journey

Posted by proudyungerman - 04 Jul 2025 19:46

My dear friend!

Please reach out to one of the mentors or friends from the list above.

I'll even repost it to make it easier.

Have you checked out any of the tools available?

(Here's the list:

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at micgelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

There are many more, just take a quick look around the forums and you'll find many good people.)

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Re: My journey

Posted by someone123 - 05 Jul 2025 20:59

My friend! You made a giant step by posting your story! That takes a lot of guts.

Please listen to the other guys and get in tough with someone, that's the next step you need to take and you won't regret it!

Try Eerie or HHM.

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Re: My journey

Posted by goal2beabainoini - 07 Jul 2025 15:59

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Re: My journey

Posted by goal2beabainoini - 07 Jul 2025 16:08

And don't forget, as always, KOMT!!

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Re: My journey

Posted by puppy - 07 Jul 2025 17:21

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Keep On Monster Trucking!

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