

Starting my journey

Posted by shlomo21 - 04 May 2025 19:33

---

Hi I'm shlomo,

recently want to take more control of my sexuality

for a year now I did pretty good with hard core porn but still fell every so often with less intense videos or pictures and masterbaition.

thanks for being here.

=====

Re: Starting my journey

Posted by stopsurvivingstartliving - 05 May 2025 18:36

---

Look around and find someone who's story talks to you and reach out.

=====

Re: Starting my journey

Posted by shlomo21 - 05 May 2025 19:37

---

Ok.

thanks so much

=====

Re: Starting my journey

Posted by lamaazavtuni - 06 May 2025 01:10

---

R Shlomo welcome !! Happy to have another soldier in this battle , constantly staying in touch is a key to survival over here . So looking forward to hearing from you!!! Hazlacha

=====

=====

Re: Starting my journey

Posted by shlomo21 - 06 May 2025 22:06

---

Thanks would love to be in touch.

=====

=====

Re: Starting my journey

Posted by proudyungerman - 08 May 2025 02:35

---

Darn that blasted Burmese snail mail!!

Either way...

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!

There are many tools here to help you in this fight, some of them you may not be familiar with.

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 an awesome 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 [micgelgelner@gmail.com](mailto:micgelgelner@gmail.com).

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

=====

Re: Starting my journey

Posted by chizuk613613613 - 08 May 2025 14:23

---

Have you looked into upgrading your filters and limiting internet access. It's annoying to limit oneself with different things especially if others around us seem to be doing fine with shvach filters (although never know they may be one of the people over here on this site under cover up name ).

Filter isn't THE solution but it's definitely part of it.

you need to be unable to often see triggers or have it easy with a click or two to go back to ????

????? ???.

feel free to email me [Jew613613@gmail.com](mailto:Jew613613@gmail.com) if you're interested in talking more about filter options out there.

hatzlacha

=====

=====

Re: Starting my journey

Posted by shlomo21 - 11 May 2025 22:29

---

Hi. Thanks for Being here

im pretty good with filtering on my phone thanks.

yes it's definitely a big part of overcoming the struggle.

=====

=====

Re: Starting my journey

Posted by greatmax234 - 11 May 2025 22:40

---

Hey I'm 20 and struggle with ssa

=====

=====

Re: Starting my journey

Posted by chizuk613613613 - 14 May 2025 16:30

---

If you have a solid filter how are these types of videos and pictures accessible?

=====

=====