

hey everyone

Posted by thechamp - 15 Jun 2025 21:01

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hey everyone im the champ! well not yet. i have been struggling with m for years and p has been more or less under control but now a new 'nisoyon' has me in a constant non filtered place of nisoyon! what should i do???? is there hope for me? should i 'blog' on this forum about my progress????

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Re: hey everyone

Posted by lamaazavtuni - 16 Jun 2025 00:33

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Welcome and yes most definitely blog about your progress, and more helpful maybe pick up the phone and call a chaver here who has hands on experience on your nisayon

**Warning: Spoiler!**

Hatslacha!!!

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Re: hey everyone

Posted by littleneshamale - 16 Jun 2025 01:56

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Hey thechamp, congrats for getting the motivation to introduce yourself and congrats for mostly getting P under control - thats huge! As for this new nisayon, I would suggest-- like what was by lamaazavtuni said-- either try reaching out to a mentor you may have on here (if you don't have one yet lmk and I can put you in touch with one) or talk about it on here. This does 4 things:

1. It breaks a part of the yetzer haras hold on this nisayon by no longer keeping it a bound secret and gets it out to the light of this world (ie. the yetzer tov) which helps you break free from it no longer being a secret struggle and instead can give you chizzuk
2. It gives people on here a chance to see the strength and good which is in each and everyone of us (even though it may be repressed) and let's us give advice from our own unique lives and experiences in this daunting world to help you through your struggle
3. You and other's may realize that this struggle is something many people are struggling with and can give hope to one another.
4. Last, but not least, (more or less mentioned through the above 3) it'll give you ideas and advice from the chevra on GYE to overcome this challenge as opposed to trying to overcome it on your own - which in my personal experience has never really worked out before.

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Re: hey everyone

Posted by thechamp - 16 Jun 2025 01:58

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ok im going to be blogging about my progress ups and downs on the 90 day chat

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Re: hey everyone

Posted by thechamp - 16 Jun 2025 02:10

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who can you put me in touch with?

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Re: hey everyone

Posted by altehmirrerr - 16 Jun 2025 03:19

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Proud is gonna give you the list soon!!! you can find his list on many threads... i don't know how to copy paste.., but if you pm i can give you some of their contacts, hatzlocha! stick around!

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Re: hey everyone

Posted by rebakiva - 16 Jun 2025 05:33

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[altehmirrerr wrote on 16 Jun 2025 03:19:](#)

Proud is gonna give you the list soon!!! you can find his list on many threads... i don't know how to copy paste.., but if you pm i can give you some of their contacts, hatzlocha! stick around!

Here's a copy of prouds amazing welcome post, Sorry proud just noticed your absence... {Punkt  
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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 you may know, 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 [michelgelner@gmail.com](mailto:michelgelner@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) Many of these tools can effect real, internal, lasting change. If the work is put in, and the vigilance is kept up you can WILL become a different man. 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: hey everyone  
Posted by captain - 16 Jun 2025 12:03

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HHi! Welcome! I saw a little about your nisayon in your other thread. If there really is no way to remove the ability (try asking @lionking; he's my resident tech man), then there's no ability to run, and this is the nisayon Hashem wants you to face (one of the missions He created you to accomplish). I'm gonna recommend trying to boost your motivation every day, such as with a few pages of The Battle of the Generation [guardyoureyes.com/ebooks/item/the-battle-of-the-generation](http://guardyoureyes.com/ebooks/item/the-battle-of-the-generation).

Hatzlocha!

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Re: hey everyone  
Posted by eerie - 16 Jun 2025 18:15

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Welcome, Champ!

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Re: hey everyone  
Posted by littleneshamale - 16 Jun 2025 22:15

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private message me on here, I can't figure out how to do it lol

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