

Hi good to be back kinda

Posted by favifendel - 08 Jul 2025 04:35

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Hi, been on a long journey. Started on here about 15 years ago... wow... and been back and forth. Seen the website (and app) in so many different forms lol...

My journey has taken me on countless programs, seminars, strategies, medications, therapists, support groups (12 steps, men's initiation groups, SMART groups, etc...) alternative therapies, etc. - suppose I've grown a lot by the way!

Well, that being said, im not here for religious inspiration, been there done that. Not here for therepautic advice either, get plenty of that weekly. I think I've heard enough and continue to hear from my dedicated therapists, rabbis, etc.

Just here suppose as procrastinating... and in the hope for a bit more accountability (though I do have accountability partners that I have been using on and off including a close brother and a close friend and a Rabbi). Though always up to learning more. I also help others and want to be informed of what is out there. And also struggle on and off.

My approach in one sentence: loving, compassionate, transmute the urges, urge surf, psychedelic assisted therapy, damage control acting out, brainworking recursive therapy, aversion based techniques, accountability, surrender, acceptance, filters, peeseverance, resourcefulness, marriage, etc.

Anyhow, wishing you all, all the best.

Streak: no light content, day 0. No explicit content, day 0. I do not track masturbation.

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