

25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win

Posted by david4043 - 09 May 2010 13:51

bs'd

i am 39 year old and for 25 year i'm addicted to masturbation, peeping ,sexphones and enternet bs'd i gone win.

i hope to get know people in this forum that call help me and talk about our problems.

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win

Posted by the.guard - 09 May 2010 14:20

Welcome aboard brother!

I think I sent you our welcoming package there. Have you downloaded the handbooks? They lay down the foundation of all the tools we use at GYE.

Netzach She'BeYesod! You will win!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win

Posted by Sturggle - 09 May 2010 14:23

welcome!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by teshuvahilaah - 09 May 2010 19:45

You came to the right place. Welcome.

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by Tev - 09 May 2010 20:04

Welcome Tzadik,

You've found the a great place which will help you deal with this terrible addiction.

Glad to have you with us!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by Chazak Amenu - 10 May 2010 02:11

hello! how are things going? you came to an amazing place with great support! post a lot!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by silentbattle - 10 May 2010 03:28

Welcome! The very fact that you're here says a lot about you - it tells me that you're a person that wants to grow, get clean, and move forward!

And I'm sure that you will. Do you want to tell us more about your struggles? One of the things that helped me a lot was opening up and talking about all the things i was going through.

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by david4043 - 10 May 2010 06:10

bs'd

when i'm alone at my house its' the most danger time to me / yesterday iwas alone and i went to peek to my neighbors i didn't finish and i stop after 15 min' / i felt beb and went to bed with out shaver and got let for praer/

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today i hope to have a newstart

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by steve10c - 10 May 2010 14:30

You've come to the right place. Take it one day at a time as I try to do and as the group and experts advise. There's nothing more valuable than a spiritual bond with Hashem. Please also review GYE's handbook and attitude book--very powerful.

Steve10c

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by silentbattle - 10 May 2010 14:42

Today is a new start - remember, one day at a time!

Also, please keep in mind that you have experienced growth - you said that you didn't finish!

Even though you've got a long way to go, any movement forward is reason to celebrate. Tell yourself that you see that you can do it!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by david4043 - 22 May 2010 20:04

i'm "clean" for 9 days ! baruch hashem !!!

shavua tov for everyone! A GETE WOCH !!!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by silentbattle - 23 May 2010 04:47

FANTASTIC - how does that feel?

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by jamies - 23 May 2010 12:20

welcome aboard rebdov, its going to be a hrad ride, but HBH is you guide so hold on tight and

with BS'D we will succeed to getehr.... and be free!!!

welcome my friend, and happy rebirthday!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by david4043 - 24 May 2010 14:19

bs"d

it's feel graet !!!

i allmost feel today but baruch hashem i didn't feel !

be carefull from danger places such as alone at home !

be health and strong !!!

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Re: 25 year of masturbation, peeping ,sexphones and enternet bs'd i gone win
Posted by yehoshua - 24 May 2010 15:49

Hi,

I wish you all the best on your journey. Your struggle makes me feel that I can stay clean too, it creates light, it makes me smile thinking everything is possible!

Pleasem, tell more on how you remain clean!

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