

**NEW YEAR RESOLUTION PREDICAMENT**

Posted by Chabadguy - 07 Sep 2013 21:47

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Shucks! I made a hachlata on rosh hashana in the name of everything holy and everything dear to me that i will keep off porn and masturbation for a year! I have open internet on my laptop and havent been able to keep off porn for more than a few days at a time. I need serious help in pulling through with this!

should i do the regular taphdsic method or is that not enough. whether this was the right thing to do or not im gonna pull through with this. the only questipon is how!!

please guys give me some ideas and not just the old stuff that hasnt worked unfortunately. i need something fresh.

maybe i should join a twelve steps group on the phone...

have an awesome week and please dont leave woithout giving me something!

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**Re: NEW YEAR RESOLUTION PREDICAMENT**

Posted by MBJ - 08 Sep 2013 01:30

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A whole year is a lot to bite off. Maybe you should make a resolution everyday to be clean today.

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**Re: NEW YEAR RESOLUTION PREDICAMENT**

Posted by inastruggle - 08 Sep 2013 05:27

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What's the old stuff?

Maybe you can start by putting a filter on your laptop.

I don't know about you, but I've made kabbalos to stay away from porn many times and it pretty much never helped, definitely not for a year. If all it took to stop was a kabbalah I'm pretty sure we would all be clean.

It takes work, hard work. Are you ready to give up porn and have to work hard to do it?

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Re: NEW YEAR RESOLUTION PREDICAMENT

Posted by dd - 08 Sep 2013 06:14

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a gut voch un a gut yur!!!!!! there is no trick or button that will get u off porn just like that first of all take each day at a time (i went through this type of huge kabalas) and know that each challenge is a huge win not just all of it together. second of all all the old stuff really work if you work on them too. we dont need new ideas we need new goals and new strength to start over and over till we win be"n.

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Re: NEW YEAR RESOLUTION PREDICAMENT

Posted by Chabadguy - 10 Sep 2013 23:44

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i guess youre right already the desire is burning. I do want to stop but i also want to continue. and that desire is unfortunatly greater.

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Re: NEW YEAR RESOLUTION PREDICAMENT

Posted by MBJ - 11 Sep 2013 00:11

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Unfortunately, nothing we say here will help if you don't want to be helped.

On the other hand, just do it one day at a time. For me it took clean time to appreciate that I really did want to be clean

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Re: NEW YEAR RESOLUTION PREDICAMENT

Posted by inastruggle - 11 Sep 2013 00:15

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[MBJ wrote:](#)

Unfortunately, nothing we say here will help if you don't want to be helped.

On the other hand, just do it one day at a time. For me it took clean time to appreciate that I really did want to be clean

Same here.

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