

We're gonna do this!

Posted by iwant2begood - 27 Dec 2015 21:32

I'm a yeshiva bochur struggling with lust for the past 7 years first it started off with small stuff then like all addictions it progressed I can't explain what an effect it had on my life I was shattered and depressed inside I wished someday that I didn't exist and the hardest part was that I had no one to share it with I had many times a clean streak but then relapsed often getting even deeper in the addiction I saw no way out i joined the 90 journey 11 days ago and bh since then still clean I need chizzuk and support but I'm sure I'm gonna succeed with hashems help habu Itaher mesiemen osoi

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Re: We're gonna do this!

Posted by markz - 08 Feb 2016 03:58

Terrific!!

Keep on Trucking

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Re: We're gonna do this!

Posted by iwant2begood - 09 Feb 2016 21:47

Day 55. I had a little rough day today, a couple of urges some emotional pain. I had a long talk with my sponsor, I'm considering sa meetings, since I feel that the phone conferences are not enough and I feel that I could have a relapse any day .

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Re: We're gonna do this!

Posted by Josephsbrother - 10 Feb 2016 03:44

Finding a way to seek, keep going for it, stay fresh, it is your journey, glad you found help on site,

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Re: We're gonna do this!

Posted by BenTorah.BaalHabayis - 10 Feb 2016 04:05

You gotta do whatever works, but either way hang in there. You'll be okay!

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Re: We're gonna do this!

Posted by iwant2begood - 10 Feb 2016 07:11

Tnx friends!

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Re: We're gonna do this!

Posted by iwant2begood - 10 Feb 2016 16:42

I'm having a crazy urge for the past few hours. I need help

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Re: We're gonna do this!

Posted by markz - 10 Feb 2016 17:04

I think it may help if you write out exactly what crazy urges you're having

does it mean running to the corner to watch some women strolling down the street?

youre being a little vague

bring things to to the open

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Re: We're gonna do this!

Posted by iwant2begood - 10 Feb 2016 20:51

I'm having an urge to watch pornography and masturbate. I'm just to stressed out

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Re: We're gonna do this!

Posted by Bigmoish - 10 Feb 2016 21:08

Aren't there other ways you can unwind?

Have a drink? Sit back? Go for a walk?

Do a step 4?

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Re: We're gonna do this!

Posted by Josephsbrother - 11 Feb 2016 12:00

[iwant2begood wrote:](#)

I'm having a crazy urge for the past few hours. I need help

My prayer often pass through each name who is mention on my entrance point. Also whatever to day holds I get in a chapter of wisdom, and one Tehillim every day. I seek my Maker until my urge is of One, then my day is bonded with my Infinite Friend.

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Re: We're gonna do this!

Posted by BenTorah.BaalHabayis - 12 Feb 2016 03:42

I'm having an urge to watch pornography and masturbate. I'm just to stressed out

And I'm sure it didn't help that GYE was down last night...

How did you fare?

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Re: We're gonna do this!

Posted by markz - 12 Feb 2016 03:51

[BenTorah.BaalHabayis wrote:](#)

I'm having an urge to watch pornography and masturbate. I'm just to stressed out

And I'm sure it didn't help that GYE was down last night...

How did you fare?

YEAH I WAS HOPING IT WAS THE WORLDWIDE WEB

Warning: Spoiler!

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Re: We're gonna do this!

Posted by iwant2begood - 12 Feb 2016 11:07

Day 58. Bh that urge passed. The past few days are very hard for me since I'm planning to join a meeting and the yetzer hora is telling me you might as well do it one last time before you join! Good shabbos guys

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Re: We're gonna do this!

Posted by markz - 12 Feb 2016 12:41

So skip the meeting - just kidding

But seriously, have people not acted out after meetings? Just tell your YH you'll continue his conversation after the meeting

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