

Here we go

Posted by Aryeh821 - 16 Mar 2016 18:51

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Day 1

all right here i begin

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Re: Here we go

Posted by Aryeh821 - 13 May 2016 21:31

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I feel like a creep I fell again

I left my house to go play tennis with some friends hoping to get lust out of my system and some exercise

unfortunately when I came back my neighbors were still there and after a few minutes of internal struggling I started staring out my window after that it was just downhill

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Re: Here we go

Posted by markz - 13 May 2016 21:38

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[guardyoureyes.com/forum/19-Introduce-Yourself/285401-Im-Finally-Here?limit=15&start=150#287755](http://guardyoureyes.com/forum/19-Introduce-Yourself/285401-Im-Finally-Here?limit=15&start=150#287755)

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Re: Here we go

Posted by Aryeh821 - 13 May 2016 21:49

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[markz wrote:](#)

[guardyoureyes.com/forum/19-Introduce-Yourself/285401-Im-Finally-Here?limit=15&start=150#287755](http://guardyoureyes.com/forum/19-Introduce-Yourself/285401-Im-Finally-Here?limit=15&start=150#287755)

You made my day

good shabbos

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Re: Here we go

Posted by Aryeh821 - 15 May 2016 04:23

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Hey all nothing major to report had a good shabbos how bout everyone else?

does anyone know how to change the format of the forum as I think I messed mine up a shtikl?-never mind I figured it out

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Re: Here we go

Posted by Aryeh821 - 20 May 2016 17:21

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Hello all feeling very out of touch with reality and in touch with my fantasies so posting to hopefully bring me back to earth

on Monday I was feeling extremely tired and lonely and the day probably would have ended badly had I not joined my first call

the 9:30 call turned out to be a real lifesaver and got me thinking when on Tuesday the next day I had a major pull to masturbate I realized I was doing it just to escape pain disappointment and loneliness I didn't end up acting out then

however I had a fall on Wednesday

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Re: Here we go

Posted by inastruggle - 20 May 2016 20:17

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Sounds like a real rollercoaster.

Falling can make one feel weird.

I fell erev rosh hashana last year. I felt like I was on drugs.

KOMT!

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Re: Here we go

Posted by Aryeh821 - 22 May 2016 21:12

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Feeling intense Shnitzlefaceness

Hey all had a fall just now I really need to work on something new

dov gave me his phone number and I plan on phoning him

i think my main problem now is still I don't view porn or masturbation as poison

I did compile a list of why I dont want to fall but can't really think of why I should stay clean as I haven't experienced sobriety of more than 10 days in aproxemitly 5 years

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Re: Here we go

Posted by thanks613 - 22 May 2016 21:22

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Would you like to share your list? Either on the forum, or pm/email/phone? (We never spoke, but maybe you have my number?)

Maybe another way to think about reasons to stay clean is to imagine what your life might be like if you stayed clean for X amount of days - How would your life be better by next summer if

you manage to stay clean (or mostly clean) between now and then?

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Re: Here we go

Posted by Aryeh821 - 22 May 2016 22:46

As far as feeling schnitzelfaceness.... I must say I'm not familiar with the phenomenon. Sorry

Thanks I did try and call you i think three times but it didn't go through or the line was busy

Here it is (not in order of importance just what comes to Mind)

firstly I feel like I let G-D myself and everyone on GYE down everytime I do .secondly it makes me feel dirty and disgusting. Also it reminds me everytime I do that I can't control my life and that an addiction does which leads to the next point which is that I usually walk around depressed for a day or two and o find it hard to daven and learn and feel I'm really connecting . Finally it makes disgusting perverted thoughts pop up more and more in my head

thoughts? Anything to add?

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Re: Here we go

Posted by Aryeh821 - 22 May 2016 22:49

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It's not your fault you've never experienced shnitzlefaceness only a select few are privileged the main criteria it to be off your rocker

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Re: Here we go

Posted by thanks613 - 22 May 2016 23:00

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I would never add to your list.. Thanks for sharing

And now that you explain it.. I think I've been through something similar to schnitzelfaceness before - Just never knew what it was ;-)

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Re: Here we go  
Posted by inastruggle - 27 May 2016 17:51

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How ya doing aryeh?

Don't just post when you fall, we like you even when you're clean.

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Re: Here we go  
Posted by Aryeh821 - 27 May 2016 17:56

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[inastruggle wrote:](#)

How ya doing aryeh?

Don't just post when you fall, we like you even when you're clean.

I'm doing good I actually just got home from yeshivah and haven't really had a time to do anything

the main reason I don't post more is because Ina. Normal week expect for Friday until Sunday I'm at yeshivah with no internet access so it's a little hard some might say even in possible to post without internet access but thanks for asking

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Re: Here we go

Posted by inastruggle - 27 May 2016 18:00

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Since I'm in the same situation I'd excuse you. It is pretty hard to post without internet.

Ever tried posting via telepathy?

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