

my travels

Posted by benyakov - 19 Jul 2016 21:22

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I don't know why but i can't access the "introduce yourself " so I'm writing here.

I have been an addict for 30 years from 14-15 years old. my wife caught me 5 years ago.I actually was relieved that I didn't need to hide myself anymore and could start getting free. I joined GYE only the forums and was clean for 2 years.

then slowly I began to slip here and there. I would go for months clean and fall for a week start again for a month and fall I never told my wife. when she would ask me how I'm managing with porn I would say I'm still have problems with people on the street.

2 weeks ago my wife was looking at youtube history and found stuff I looked at 2 years ago.

she was really hurt that I wasn't honest with her while at the same time she was trying to support me and be close to me.

B"H she's giving me another chance I told her I will do whatever it takes to become free of this shmutz. so I'm joining the forums again and this time I will join the phone groups.

and do whatever it takes.

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Re: my travels

Posted by Markz - 05 Aug 2016 00:00

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If you keep stuff in your head it can cause an overload too

Speak to cords about inventory stuff ++

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Re: my travels

Posted by benyakov - 16 Aug 2016 17:01

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well things are still going well. I've been thinking a lot about this addiction, reading and discussing with my wife. reading the response to my question "why should I stop".

what I've come to realize is I had no idea how deep this is in me. how much I get thrill from the smallest peek, just thinking about getting a peek.

I've been asking hashem for help every morning.

the biggest boost I get, is when I feel an urge to look at someone and I ask hashem for help.

maybe I'm nuts. but I really feel hashem is taking care of me.

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