

**FIRST DAY IWILLSUCCEED**

Posted by iwillsucceed - 05 Aug 2016 12:42

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Just started my journey, am 20yo have had a problem since about 15yo and in past 2 years has become more frequent, time consuming and exhausting. Want to rid myself of this demon once and for all!

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**Re: FIRST DAY IWILLSUCCEED**

Posted by Markz - 05 Aug 2016 14:52

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Welcome

I was there too

Is bein hazmanim a more demonic time for you

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**Re: FIRST DAY IWILLSUCCEED**

Posted by gibbor120 - 05 Aug 2016 16:51

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Welcome! Read the handbook. Keep posting.

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**Re: FIRST DAY IWILLSUCCEED**

Posted by Birshusi - 05 Aug 2016 18:26

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Welcome!

Come back often so we can get to know you.

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Re: FIRST DAY IWILLSUCCEED

Posted by inastruggle - 05 Aug 2016 22:32

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Welcome to gye,

There are plenty of us bachurim here.

Keep on posting

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Re: FIRST DAY IWILLSUCCEED

Posted by iwillsucceed - 06 Aug 2016 13:31

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Thanks,

I am a computer science student so time away from computers actually makes it a little easier.  
Also less stress from studying is helping.

I have started an exercise routine that I plan to do in the evenings, im hoping it will exhaust me  
enough that ill be too tired to even think anything demonic.

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Re: FIRST DAY IWILLSUCCEED

Posted by inastruggle - 07 Aug 2016 03:26

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Check out this thread, it's a group of us bachurim making kabbalos for bein hazmanim

[guardyoureyes.com/forum/1-Break-Free/284487-Re-BAIN-HAZMANIM?limit=15&start=60#293455](http://guardyoureyes.com/forum/1-Break-Free/284487-Re-BAIN-HAZMANIM?limit=15&start=60#293455)

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Re: FIRST DAY IWILLSUCCEED

Posted by Birshusi - 07 Aug 2016 05:07

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[iwillsucceed wrote on 06 Aug 2016 13:31:](#)

Thanks,

I am a computer science student so time away from computers actually makes it a little easier. Also less stress from studying is helping.

I have started an exercise routine that I plan to do in the evenings, im hoping it will exhaust me enough that ill be too tired to even think anything demonic.

Exercise does more than just knock us out so we don't have the energy to fall. It positively affects the chemical functions of the brain to put us into a more positive, calm mindset, which takes away the void that falling aims to fill.

I just read that in the handbook, and I plan to put it to the test over the next few weeks.

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