

Worried for the future

Posted by thatslife - 02 Jan 2017 12:45

hi everybody

i am really worried if i am going to have a normal healthy sex life with my wife after i get married, after watching so much porn. i am not married or engaged now. but i'm very worried for my future.

pls answer me if you think you can help me or just to give me chizuk.

thanks

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Re: Worried for the future

Posted by Watson - 02 Jan 2017 12:49

I wouldn't worry over something that may or may not be a problem in the future.

Get sober and you'll be fine.

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Re: Worried for the future

Posted by Yosef Tikun HaYesod - 02 Jan 2017 12:58

I agree with Watson, I would just like to add,

that you should "use" that concern you have

to clean up your act now, while you have a chance.

Many say that you will get the wife you deserve,
based on your actions and spiritual level.

You're in the right place. Use the resources here and
get better/grow/break free now.

You can do it!

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Re: Worried for the future
Posted by cordnoy - 02 Jan 2017 13:03

[thatslife wrote on 02 Jan 2017 12:45:](#)

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Welcome,

Whatl are you doin' for today?

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Re: Worried for the future

Posted by Markz - 02 Jan 2017 15:42

Welcome!

May you become a warrior, when you Truck with us!

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Re: Worried for the future

Posted by Shteeble - 02 Jan 2017 17:51

[thatslife wrote on 02 Jan 2017 12:45:](#)

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Welcome to gye.

Keep focused on improving your life and yourself a little bit each day.

as a solution for worrying in general,

Dale Carnegie has a great book by the title:

How to stop worrying and start living

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Re: Worried for the future

Posted by thatslife - 02 Jan 2017 19:46

I wouldn't worry over something that may or may not be a problem in the future.

Get sober and you'll be fine.

i dont think that it "may" be a problem i really think its gonna be a problem

and to answer your question, cordnoy:

i am going for the 90 days and i made taphsic shvuah

thanks for all the comments, keep 'em comin'

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Re: Worried for the future

Posted by MayanHamisgaber - 02 Jan 2017 19:52

Hey tl is there anything specific you want to work on

Watson has said it all to translate it into gye terms take it one day at a time

the only thing that should be focused on is today yesterday is gone (of course to be used to GROW from whether from the successes and especially from the falls though we try not to have them) and tomorrow we will deal with then

B'hatzlacha (formally cz)

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Re: Worried for the future
Posted by thatslife - 02 Jan 2017 20:09

thanks for changing your name cz:wink:

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Re: Worried for the future
Posted by MayanHamisgaber - 02 Jan 2017 21:07

not sure if this helps (not implying anything just giving a perspective)

[cordnoy wrote on 19 Jun 2015 12:49:](#)

Noticed that there were several new posters, and all jumpin' to the 90-day endgame.

While that is certainly good, they were cautioned by others to focus on today.

Saw this written concisely on another thread: Keep in mind, that while the 90 challenge is a fantastic goal, in reality, we only have today. You don't need to abstain for the next 90 days. Right now you need to abstain just for today. When tomorrow comes it'll be the same thing, just for today (aka tomorrow...). Keep it in the day and the 90 days will come on their own.

b'hatzlachah

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Re: Worried for the future
Posted by MayanHamisgaber - 02 Jan 2017 21:16

here is another gem from the past

[cordnoy wrote on 14 Jul 2015 00:08:](#)

From a fresh poster:

The future is not some place we are going, but one we are creating. The paths are not to be found, but made. And the activity of making them changes both the maker and their destination.

The little things? The little moments? They aren't little.

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Re: Worried for the future
Posted by Watson - 02 Jan 2017 21:29

[thatslife wrote on 02 Jan 2017 19:46:](#)

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Thinking it doesn't make it so.

Again, focus on sobriety only, the rest will take care of itself.

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Re: Worried for the future

Posted by cordnoy - 03 Jan 2017 03:31

[thatslife wrote on 02 Jan 2017 19:46:](#)

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and to answer your question, cordnoy:

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thanks for all the comments, keep 'em comin'

Goin' for the 90 days is not doin' anythin' today.

regardin'l the tapshic thingy, that's really just holdin' yourself back....not really doin' anythin' productive.

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Re: Worried for the future

Posted by cordnoy - 03 Jan 2017 03:34

[MayanHamisgaber wrote on 02 Jan 2017 21:16:](#)

here is another gem from the past

[cordnoy wrote on 14 Jul 2015 00:08:](#)

From a fresh poster:

The future is not some place we are going, but one we are creating. The paths are not to be found, but made. And the activity of making them changes both the maker and their destination.

The little things? The little moments? They aren't little.

Geez, I really should read some of that old stuff.

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Re: Worried for the future

Posted by Shlomo24 - 03 Jan 2017 04:05

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