

I need a support group

Posted by Joe770 - 07 Oct 2021 06:12

Hi guys,

I'm your average bochur in yeshiva for the most part except in one area... I have tried multiple times to stay away from anything not tznius, and I'm talking like 5 years, most of the time I was in yeshiva and didn't have access but that didn't stop me when i would get home. Throughout the years i had my ups and downs, and some times i really stayed strong and looking back im proud of those time's, but recently it became the worst its ever been yet, so i decided to give gye a try and do the 90 day program, but even that i failed multiple times.

So here i am writing this hoping that writing and having people's support will help.

- feeling i tried everything to quit this addiction

=====
=====

Re: I need a support group

Posted by Joe770 - 24 Oct 2021 02:29

Don't worry I didn't disappear.

It means a lot to me that you're checking up on me. Thank you.

BH I've been clean, and by the way it looks i will keep that way.

I'm already starting to plan my 90th day party. I'm thinking of having balloons, streamers, a BBQ and music.

(if you have any other ideas let me know)

thanks for supporting me im at day 17!!

=====
=====

Re: I need a support group

Posted by Zedj - 24 Oct 2021 04:03

Keep us updated!

With Hashems help you will be matzliach in a way you may have never thought possible.

=====

Re: I need a support group

Posted by Joe770 - 06 Nov 2021 23:44

Guys, I made to 30 days!

ironically the 29th day out of the blue it became tough, but BH I stayed strong.

=====

Re: I need a support group

Posted by Hashem Help Me - 07 Nov 2021 12:14

Mazel Tov. Keep it up!

=====

Re: I need a support group

Posted by Ish MiGrodno - 07 Nov 2021 17:03

Mazel Tov! BEZH when you hit 90, we'll throw a party on the "Let's Celebrate" thread..

Looking for parties in Grodno ~ IMG

=====

Re: I need a support group
Posted by committed_togrowth - 07 Nov 2021 18:07

Incredible!!

=====

Re: I need a support group
Posted by Joe770 - 10 Nov 2021 09:06

Sorry for letting you guys down, were at day 1 once again.

I'm going to try again, but i better make it to 90, there is a limit of how long and how many times I can believe in myself.

But I wanted to thank you guys for giving me some hope.

=====

Re: I need a support group
Posted by Shmuel - 10 Nov 2021 10:48

[Joe770 wrote on 10 Nov 2021 09:06:](#)

Sorry for letting you guys down, were at day 1 once again.

I'm going to try again, but i better make it to 90, there is a limit of how long and how many times I can believe in myself.

But I wanted to thank you guys for giving me some hope.

One day at a time!!

the goal is to stay clean NOW what will be tomorrow you'll worry about then

=====

Re: I need a support group

Posted by Hashem Help Me - 10 Nov 2021 12:10

You did not "let us down". You are a hero for getting as far as you did, and now you know it can be done. A mountain climber who falls into a ditch 30 days up has two choices. A silly choice would be to lay down and roll down to the bottom. A wise choice is to bandage the scratches, enjoy the view and breeze, and figure out how he fell. Then he should get up and with the knowledge of how to be more careful move on.

What exactly was the fall? How long? How many times? Did you binge or was it a one or two times thing? What triggered the fall? What safeguards do you have in place? Who do you speak to for advice and chizuk? If you did 30, you can do 300. B'ezras Hashem you can break completely free buddy.

=====

Re: I need a support group

Posted by DavidT - 10 Nov 2021 16:13

[Joe770 wrote on 10 Nov 2021 09:06:](#)

Sorry for letting you guys down, were at day 1 once again.

I'm going to try again, but i better make it to 90, there is a limit of how long and how many times I can believe in myself.

But I wanted to thank you guys for giving me some hope.

As long as you don't give up, you're not letting anyone down. You're giving hope to so many others not to give up and keep on trying.

Always remember that Hashem believes in you and cares about you more than any person could care about you. Hashem cares about you vastly more than even you care about yourself. Moreover, Hashem looks out for your best interests. But, Hashem doesn't look out for your interests as a friend or a loved one might. Hashem looks out for your wellbeing immeasurably more than you or anyone else ever could. And most significantly, Hashem loves you—but not as a person loves another person. Hashem loves you more than anyone could ever love you. Hashem loves you infinitely more than you love yourself.

=====

Re: I need a support group
Posted by wilnevergiveup - 11 Nov 2021 07:41

[Joe770 wrote on 10 Nov 2021 09:06:](#)

Sorry for letting you guys down, were at day 1 once again.

I'm going to try again, but i better make it to 90, there is a limit of how long and how many times I can believe in myself.

But I wanted to thank you guys for giving me some hope.

90 days is a status symbol on GYE for some reason but it need not be the only goal. Any goal is an accomplishment make some smaller goals. Be"H when you do hit the much coveted 90, you will have earned your bragging rights but until then, be proud of smaller achievements.

Really, the 90 day thing is just bragging rights, it's there to motivate you, if it gets you down, it defeats the whole purpose.

=====

Re: I need a support group

Posted by Joe770 - 17 Nov 2021 06:23

Posting helps me stay accountable, so, wanted to update you guys, that I'm still on track.

=====
=====

Re: I need a support group

Posted by fightingHard - 17 Nov 2021 18:19

bro not gonna lie, till i came to this website i also thought i was the only one who struggled like i did... it makes you feel like a loser...

i guess its nice to see how were all in this together and its not just me...

i cant say im a champ over here, but i do feel like that together were gonna get through this sh..

=====
=====

Re: I need a support group

Posted by Joe770 - 19 Nov 2021 08:35

Day 1 once again but i have a feeling this time will be different.

=====
=====