

Me and my struggle

Posted by haytoon52 - 21 Dec 2021 21:50

I have been masturbating and watching pornography for forty years. It is a daily "task" that I enjoy (?) as part of my alone time in my bedroom. I have wasted SO many hours on this that I could have used constructively. I am looking for a help partner, should be getting the chizuk emails, and I want to put a filter on my LG Android phone. These are pretty good starts, right ?

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Re: Me and my struggle

Posted by Rt234 - 21 Dec 2021 21:53

Definitely!!!

keep it up!!!

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Re: Me and my struggle

Posted by doingtshuva - 21 Dec 2021 23:25

[haytoon52 wrote on 21 Dec 2021 21:50:](#)

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Wishing you good luck. Its never to late and you still a life ahead of you.

You should read the handbook.

guardyoureyes.com/ebooks/item/gye-handbook

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Re: Me and my struggle

Posted by Captain - 23 Dec 2021 14:42

Welcome! This time can definitely be different, especially if you work toward changing your attitude toward taivah, in addition to the incredible steps you are taking.

Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

see below in my signature for the links.

?Hatzlocha!

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Re: Me and my struggle

Posted by Hashem Help Me - 24 Dec 2021 12:20

All good ways to begin the process of getting clean. In addition, start believing that it can be done....

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