

Starting

Posted by photog - 30 Jun 2024 16:44

I am starting today and bli neder looking to post daily for accountability. Hoping this helps!

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Re: Starting

Posted by redfaced - 30 Jun 2024 17:34

[photog wrote on 30 Jun 2024 16:44:](#)

I am starting today and bli neder looking to post daily for accountability. Hoping this helps!

Hatzlocha!!

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Re: Starting

Posted by Muttel - 30 Jun 2024 18:51

Accountability is what got so many of us to climb out of this mess! Stick around, learn the ropes, and feel the energy and support of the many ?????? here!

Have you tried reaching out to Hashem Help Me (michelgelner@gmail.com)? He's helped many, me included, in an accountability program.

Hatzlacha!

Muttel

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Re: Starting

Posted by photog - 02 Jul 2024 01:48

Posting for day 2. Thank you redfaced and Muttel! I haven't reached out to Hashem Help Me. I will think about it as I continue.

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Re: Starting

Posted by JARES90 - 02 Jul 2024 03:41

I also recently started posting daily for accountability, so far it's really helped me. Hope it helps you as well. Good luck achi

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Re: Starting

Posted by chaimoigen - 02 Jul 2024 04:31

Hey, welcome!

Here's a warm hand. It's not as hard to keep going when you're not alone. GYE is a place full of hope. It's possible to break free, though it takes work. Stick around, read some threads, learn how it works!

Accountability is an important step! So is making a connection . Some of the greats have been known to say that the opposite of addiction is **connection**.

But take it one step at a time.

Lots of Hatzlacha, and keep in touch!

Chaim Oigen

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Re: Starting

Posted by Heeling - 02 Jul 2024 13:57

Welcome, friend!

Looking forward to growing together.

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Re: Starting

Posted by photog - 03 Jul 2024 14:16

Posting for day 3 - still on track. Thank you Jares90, chaimoigen, and Heeling for the messages!

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Re: Starting

Posted by photog - 04 Jul 2024 16:20

Day 4 - still on track.

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Re: Starting

Posted by photog - 05 Jul 2024 15:59

Day 5 - managed to resist an urge last night. Still on track.

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Re: Starting

Posted by photog - 08 Jul 2024 00:18

Day 6 and 7 - managed resisted an urge last night - still on track.

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Re: Starting

Posted by redfaced - 08 Jul 2024 00:23

[photog wrote on 08 Jul 2024 00:18:](#)

Day 6 and 7 - managed resisted an urge last night - still on track.

Good Job ! Keep on trucking . To 90 and beyond !!!

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Re: Starting

Posted by amevakesh - 08 Jul 2024 00:33

Amazing stuff!! Keep on trucking. The urges will come again, it's part of the human male condition. Posting is a great beginning, but please take the advice that Muttel and CO posted earlier on your thread. There's a huge difference between posting and reaching out. As many on this forum can attest to, there is no substitute for picking up the phone and reaching out. Try it, you will never regret it.

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Re: Starting

Posted by photog - 08 Jul 2024 23:58

Day 8 - still on track - thank you redfaced and amevakesh for your messages!

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Re: Starting

Posted by photog - 09 Jul 2024 16:11

Day 9 - a stronger urge yesterday night but still on track.

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