

hopeful but cautious

Posted by daverose - 27 Apr 2025 09:21

Hi ive been on here for a little bit reading others post and I never thought that its for me. I didnt think i need everyone clapping for me to be strong. But now Im trying for the first time for real to reach 90 days I feel that maybe I should share.

I started watching when I was about 12 on a parents unfiltered device and later on a friend introduced me to M and thats been my history since .Im 25 now and I could never control myself for more than a couple days to a week I seriously see how this affects my learning davening. And even more than that my outlook in life the way I see other people even my wife is completely warped. Im hopeful that im on the road to recovery im 10 days in and feeling pretty good. And Im just begging hashem that I shouldnt veer off the path chas vshalom. If anyone has any helpful advice pls share.

Thanks for reading!

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Re: hopeful but cautious

Posted by chaimoigen - 29 May 2025 01:08

This is unbelievably valuable insight!!

recognizing those patterns of thought, and realizing that you **do** have a **choice**- this is invaluable growth!

Change is sweet. The courage to do so is sweeter!

Keep on trucking, Chaver!

Here's a warm hand,

Chaim Oigen

p.s. Tonight the ?????? said that we should be a **Mamaleches** Kohanim and a goy Kadosh. Why a **Mamleches**? Because it takes Malchus to become so. And your self-aware control is the Midda of **MALCHUS!!**

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