

Trueme

Posted by trueme - 23 May 2025 01:38

Hi.

I have a story, but Im not ready to share yet.

Right now I want to focus on trying to not watch innapropriate material, including P and doing M.

This is not who I am and although I have struggled on and off for a while, I want to end it.

I appreciate all encouragement.

=====

Re: Trueme

Posted by chosemysheM - Yesterday 14:29

[trueme wrote on 04 Jul 2025 20:30:](#)

Ugh. Back to zero. I acted stupidly and gave in to an urge so quickly. dumb. I saw something helpful about using mindfulness and identifying the feeling of an urge, naming it, sourcing it. Anyone relate to this helping them?

Meenwhile, I also have to learn (more) because like the ????"? says, only in a ?? thats ???? ?? ????? and not immersed in the ?? ????? can ?????? that are indecent enter...

I feel like a disgusting garbage bag. And a weak one too. Ugh!

Re: mindfulness. Lotta great mindfulness tools in flight to freedom. Give some of the recordings a shot actually. I'm a fan.

Re: Torah. I think literally every single person has tried that solution. I think most of us would agree that the first step is to just work the GYE tools and get some clean time in. Fleeing lust to torah doesn't tend to work well. Building a clean life centered around the torah does. Those are two very different beings.

Are you in touch (like, pick up the phone or meet in person level in touch) with anyone?

=====

Re: Trueme

Posted by trueme - Yesterday 23:45

Im in close contact with Yechida we are good friends.

What does that mean **tried** Torah?

I feel like I dont have consistent and long enough stretches.

What about ?????? ??? ??? ?????? ?????? ?????? How do you understand that?

=====