

I need help

Posted by joeshmo - 19 Oct 2009 22:10

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I am not addicted to viewing porn but I have been going into talk forums and seeking out transgendered people. Im not gay and have never acted out in this way but I feel this "Dirty Talking" and viewing pictures of them is getting to be to much, it fills like its killing me with guilt. I hate getting an Aliyah anymore becuase I feel so terrible. I have a beautiful wife of 20 yrs and I have been neglecting her in the bedroom. Please any advice is appreciated. Toda.

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Re: I need help

Posted by 7yipol - 29 Oct 2009 22:48

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[guardureyes wrote on 29 Oct 2009 22:44:](#)

I thought it was awesome!

Hate to admit it but it's not bad.

Not bad at all.

Guard your eyes...

Incognito...

Anav...

Yup; it works.

You have my stamp of approval.

It can stay.

(yes, I know you were worried)

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Re: I need help

Posted by joeshmo - 29 Oct 2009 23:26

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Laid off but Im a Driver. Im laid off  
because Im a speciality driver, I haul trusses for Mansions, not to many of them being built  
Better days ahead..Toda Rabbah

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Re: I need help

Posted by joeshmo - 02 Nov 2009 17:13

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I had 2 falls the last couple of days..I am down but Im not going to stay down and I've just got to  
quit crying and be a man and step up to the plate..I will beat this thing with HaShems help and  
you men of G-d s as well..last week I felt so strong...I pray for every man on this site who  
manned up so to speak and to admit that they need help as I do...I pray for all of us to defeat  
our YH...so we can be free at last....Hear my prayer HaShem..  
Funny you said "Keep on Truckin" Im a Truck Driver

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these days

Re: I need help

Posted by Ineedhelp!! - 02 Nov 2009 17:21

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Great job Joeshmo for having such a great attitude following a fall. The beginning is a sucha  
difficult yet focal point in the process. keep it up and you'll be exactly where you want in no time.  
Have a great day!

-INH

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Re: I need help

Posted by joeshmo - 02 Nov 2009 19:41

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Baruch HaShem on that!!

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Re: I need help

Posted by 7yipol - 03 Nov 2009 12:48

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"kol hatchalot kashot"

If it's going too easily - panic!

Seriously, this process is built on two steps forward, one step back.

And yes; occasionally one step forward and two back.

Keep facing the finishing line and dont turn back!

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Re: I need help

Posted by joeshmo - 03 Nov 2009 20:55

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Thanks 7up for them wise words...they are very appreciated and have not fallen on deaf ears.  
Baruch HaShem for all of you.

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Re: I need help

Aren't you lucky that it isnt?!

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Posted by 7yipol - 03 Nov 2009 21:00

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We're all in the same boat Joe...

....so no drilling a hole under your seat!

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Re: I need help

Posted by joeshmo - 05 Nov 2009 19:34

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Another fall today...Im trying but not enough...This is my fault and I got to get up...I have been reading alot about the YH and trying to learn more about why I do what i do...Im sorry HaShem..

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Re: I need help

Posted by the.guard - 05 Nov 2009 22:24

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You're doing what you do because you're an addict. And "trying harder" won't help an addict. Read [the GYE handbook](#) and find out what can help. Ask yourself which tools you've tried and which you haven't yet. You'll get through this!!

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Re: I need help

Posted by coby613 - 05 Nov 2009 22:30

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hey joe! (great song btw) I have similar issues. have had them for a very long time and just starting to actively seek help for them now. In fact, i just started a thread for people like us. I've already recieved some helpful off-site responses. everybody here is very appreciative and understanding here, and for the first time, i dont feel like i really have to hide anything from anyone. --Coby613

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Re: I need help

Posted by joeshmo - 05 Nov 2009 23:45

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Thanks alot Guard..Im going to check it out..I want to be a good Jew and do what HaShem expects from me. I'll get over this..I've gotten over worse things in my life...thanks.

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Re: I need help

Posted by joeshmo - 11 Nov 2009 16:17

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I had a fall and of course I fill pretty bad..I set up a meeting with a person and actually went there and left..I have sunk so low..I need to pray..I didn't do anything...I never met the person..My wifes face kept coming into my mind..I just couldn't do it...Thanks

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Re: I need help

Posted by bardichev - 11 Nov 2009 16:19

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joe shmo you sound like you were victorious

please explain

we are here to help!!!

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