

I need help

Posted by joeshmo - 19 Oct 2009 22:10

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 - 16 Nov 2009 10:54

Guards correct; I meant the AA book. Help from the professionals, and as he said, Torah can help sooth the pain, but concrete steps are needed for true healing

[joeshmo wrote on 16 Nov 2009 00:21:](#)

7 up..I agree..I must study more Torah..I pray for HaShem to send me a buddy to study with..why doesn't he do that?? My Shul has no Rabbi..I don't ask for much...Noone in my shul cares about studying so much..I love Torah and Talmud...I do read daily and I still do what I do..I put Tefillin on and Daven daily..why do I still fall?

Why not contact Partners in Torah and ask them to set you up with a learning buddy? They have volunteers all over the country as well as by phone. Definitely worth looking into.

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Re: I need help

Posted by joeshmo - 16 Nov 2009 21:11

I need strength...I will read....thanks

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I will read everything and keep Davening..I fell again

Re: I need help

Posted by Eye.nonymous - 16 Nov 2009 21:47

[joeshmo wrote on 16 Nov 2009 21:11:](#)

I need strength...I will read....thanks

Learn something from that fall and then use it to keep yourself up!

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Re: I need help

Posted by the.guard - 16 Nov 2009 23:23

I will read everything and keep Davening..I fell again

I will read everything

Have you read the handbooks of GYE?

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Re: I need help

Posted by joeshmo - 17 Nov 2009 12:02

I believe I hit my rock bottom in the last couple of days ..I stayed up all night trying to set up times to meet people for sex..I came close but once again,Baruch HaShem, there were obstacles where it couldn't be done. Im sick and I pray that I can move up from here now. Toda

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Re: I need help

Posted by imtrying25 - 17 Nov 2009 12:08

Were really sorry to hear about all your going through. But were happy to hear that you pulled through. When you feel ;like you need it most try convincing yourself to post on gye and someone here will try and help you through. We gotta keep on trying. Its hard but its worth it. Im sure you feel good as well that things didnt work out for you, although at the time you really wanted it. Hindsight is always 20/20. But we have to build from here. Next time you get in such a situation you gotta do things diffrently. Also gotta remind yourself about the past times and how it wasnt worth it or how you felt better that you did do it. OK So HAtzalacha. We love you and were rooting for you.

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Re: I need help

Posted by Ineedhelp!! - 17 Nov 2009 14:17

Joeshmo,

You showed me and all of GUE great courage for two reasons. First, youd didnt meet the poeple for the conjugal visit. That takes alot of courage. Even though you said it just happened to not work out I am sure your conscience had something to do with that. Second, you posted it here. That, my friend is step 1. You realize that you have a problem and you are doing something about it. Kol Hakavod! Dtay with us we'll be here for you when you need us.

-INH

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Re: I need help

Posted by 7yipol - 17 Nov 2009 14:40

Are you reading the handbooks?

It sounds like a live SA group may be very helpful to you.

Have you considered it?

We are davening for you Joe.

May Hashem give you strength to withstand this test,

until He sees fit to remove it from you.

But you mustnt forget to ask!

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Re: I need help

Posted by joeshmo - 17 Nov 2009 17:16

and 7up, I never forget to ask
HaShem to remove this or give me strength...I pray daily and I certinley bring that to his
attention. Do you believe in generational curses? My Father was always running around on his
wife(He wasn't married to my Mom) ??? Im praying for things to go up from here..I could never
live with myself if I actually had an extra marital affair...HaShem please help us all.

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Re: I need help

Posted by the.guard - 17 Nov 2009 19:32

Hashem has answered your prayers, Joeshmoe! He brought you to GYE. Now, all you have to do is get on the train... How? Read [the handbook](#) and find out how.

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Re: I need help
Posted by 7yipol - 17 Nov 2009 19:41

Im sure you speak to Hashem all the time Joe.

And finally you hear Him answering.

He has sent His angels in the guise of Guard and the Guardyoureyes family.

We believe in you.

Believe in yourself.

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Re: I need help
Posted by joeshmo - 17 Nov 2009 20:15

Baruch HaShem on that 7up..and yes I have down loaded and have read some of the books you offer here..I do believe that HaShem has indeed answered my prayers by the wonderful web site...Thanks

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Re: I need help
Posted by 7yipol - 17 Nov 2009 21:07

We're here for you.

Not going anywhere.

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Re: I need help

Posted by imtrying25 - 17 Nov 2009 23:07

[joeshmo wrote on 17 Nov 2009 20:15:](#)

Baruch HaShem on that 7up..and yes I have down loaded and have read some of the books you offer here..I do believe that HaShem has indeed answered my prayers by the wonderful web site...Thanks

Joeshmo this is great that you realize Hashem is hearing you pray. When a person has that its such a comferting feeling. Im really sorry for everything youve went through. We love you man and we know you can do it. It wont be easy but its doable. Hey thats what makes us men- doing the hard things!! And if you ever need some help we are always here for you. We will hold your hand whenever you need it. Heck ill even lend you my bike if thats better. MOst of all we want

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