

spiral

Posted by ambiguous1 - 20 Apr 2015 23:58

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i started out when i was 16. I've viewed so much that the regular stuff wasn't giving me my fix so i progressed on to mere extreme stuff 1 was disgusted with the stuff i was seeing it was a mixture of horror nausea & pleasure for me but i needed it bad. so day after day hour after hour id surf for this garbage until even that wasn't enough & while searching for the next level i caught myself & signed up to GYE my longest streak has been 3 days i had a few falls but with Hashem's help i will be on my way to recovery

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Re: spiral

Posted by josef10 - 13 Dec 2017 03:36

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You say you were disgusted with yourself. Trust me, you don't know how many of us have been down that road. You have NO IDEA. Its amazing that you made this start. We've all had our spirals, now the job is to see what gets us to stop spinning. We need to take a step back and see what works for our eventual total and complete recovery.

?Just to get you started around the site

Make sure to see the 12 suggestions on the [First Time Here page](#).

Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.

May you have Hatzlacha in all that you do. And be happy in all that you do. KEEP POSTING its good therapy for everyone.

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