

Any tips?

Posted by Rick - 29 May 2017 21:39

Hi, I'm working on getting clean (again) in a new yeshiva, I feel like it will be a lot easier if I knew someone in my yeshiva who also has a problem with masturbation but I feel weird asking around if anyone has this problem.

any tips?

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Re: Any tips?

Posted by cordnoy - 29 May 2017 21:49

Try hangin' an anonymous sign on the bulletin board.

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Re: Any tips?

Posted by Rick - 29 May 2017 22:04

How do I write it? And how can I keep it hanging on the board, my yeshiva is small, and everyone knows each other, so none is gonna wanna try to get ahold of me out of shame, and people will be asking around, trying to figure out who wrote the note, I dont think thats gonna work

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Re: Any tips?

Posted by cordnoy - 29 May 2017 22:20

[Rick wrote on 29 May 2017 22:04:](#)

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Perhaps leave a magazine in the dinin' room and see who tucks it into their pants. If that doesn't work.... Il give up.

What do you really want from us?

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Re: Any tips?
Posted by Rick - 29 May 2017 22:26

Whats the best way to ask someone if they are having problems as well, and how do I identify who to ask?

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Re: Any tips?
Posted by cordnoy - 29 May 2017 22:46

[Rick wrote on 29 May 2017 22:26:](#)

Whats the best way to ask someone if they are having problems as well, and how do I identify who to ask?

Let's forget this idea and move on.

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Re: Any tips?
Posted by Markz - 29 May 2017 22:57

[cordnoy wrote on 29 May 2017 22:46:](#)

[Rick wrote on 29 May 2017 22:26:](#)

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Let's forget this idea and move on.

Rick would you put up a sign?

"Lookin' to form a ?????? ?????? group. To join please email eyes.guard@gmail.com"

Whoever wants to join will have to first have a chat with our dear admin Yaakov

Serious idea. What's your thoughts?

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Re: Any tips?
Posted by Rick - 29 May 2017 23:03

Thanx I'll try that

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Re: Any tips?
Posted by cordnoy - 29 May 2017 23:10

[Rick wrote on 29 May 2017 23:03:](#)

Thanx I'll try that

Ok.

AnyAny recovery plans?

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Re: Any tips?

Posted by Rick - 30 May 2017 09:35

As of now, I'm just trying to push through day by day

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Re: Any tips?

Posted by GrowStrong - 30 May 2017 09:37

[Rick wrote on 30 May 2017 09:35:](#)

As of now, I'm just trying to push through day by day

Also known as holding your breath.

How long do you think you can hold your breath for until you will need an oxygen tank to breath.

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Re: Any tips?

Posted by getthere - 30 May 2017 10:28

Don't push too hard, you get out of breath quicker.

But seriously have a look on the forum and see what works for you.

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Re: Any tips?

Posted by Markz - 30 May 2017 10:57

[GrowStrong wrote on 30 May 2017 09:37:](#)

[Rick wrote on 30 May 2017 09:35:](#)

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How long do you think you can hold your breath for until you will need an oxygen tank to breath.

Holding his breath waiting to hear which of his friends are joining his group - ????

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Re: Any tips?

Posted by Markz - 02 Jun 2017 15:51

[Markz wrote on 29 May 2017 22:57:](#)

[cordnoy wrote on 29 May 2017 22:46:](#)

[Rick wrote on 29 May 2017 22:26:](#)

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Hey Rick I didn't see the sign up yet ;-(

Did you chat with Yaacov to let him know what it's about, so he'll know where to direct any friends?

btw when you're bored I recommend you read this Nice Trucking [Story](#) that's relegated to the end of my sig ;-)

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Re: Any tips?

Posted by Rick - 04 Jun 2017 01:44

The yeshiva I'm in doesn't allow smart phones (like most yeshivas) I got a heter from the rosh yeshiva after I explained that I need gye, I have an idea of how I can ask everyone I'm my yeshiva who are hiding their phones so that it only reaches those who need it but I can only do it on Monday, but thank you so much for the idea again

GYE - Guard Your Eyes

Generated: 21 July, 2025, 13:26

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