

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by lifebound - 14 Feb 2018 17:11

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Re: My sorry state...

Posted by Hashem Help Me - 15 Feb 2018 05:43

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Yerushalmi, your post is gadlus.

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Re: My sorry state...

Posted by lifebound - 15 Feb 2018 05:55

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 03:04

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Re: My sorry state...

Posted by MayanHamisgaber - 22 Feb 2018 03:14

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I relate to this almost exactly

Personally the only reason I have not joined this elite group is because I feel it will do more harm than good and I would use the meetings to get my fix

Not saying you are doing this but make sure that you honestly need this and are not finding another way to get your fix

KOMTNMW

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 03:51

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Re: My sorry state...

Posted by iampowerless - 22 Feb 2018 04:03

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Very well said, when we have a void in our lives we will look for something to fill that void.i heard from my therapist that one of the tools he often uses to figure out what's bothering someone is by asking him what kind of pornography he watches based on the type that he watches very often he could figure out which kind of void he is trying to fill in his life. So it's great that you were able to pinpoint the void that you are trying to fix in your life.

btw congrats on the 11 days. I love your desire, to truly get to understand yourself and became extremely Self Aware. KEEP IT UP!

Love Your Dear Friend Yankel

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Re: My sorry state...

Posted by lifebound - 22 Feb 2018 04:37

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Re: My sorry state...

Posted by Hashem Help Me - 22 Feb 2018 05:08

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Lifebound has put into words so eloquently what I have felt for a long time. Here I am, a people person, and I am harboring this massive load inside of me which cant be shared with my closest friends. Oh the loneliness! Along comes GYE and I get to intimately know some guys. We share very personal issues - such a relief. There is no inhibition; we say it all. Because we have not actually met our "new friends" they take on a spiritual level. Our relationship transcends outward appearances, religious leanings, social/financial status, age, married/single status, etc.

Recently I met a GYE chaver for the first time after speaking over the phone for many months. We live many many miles apart but he had travelled to the area where I live for a business meeting. The hug we gave each other as a greeting was so genuine, so natural, so automatic, and so real. It was like meeting a long lost brother. We understand each other so well. We have been so transparent with each other. Our neshamos are bonded.

Regarding the obsession of accessing the GYE website. We all get obsessed on recovery. For the first time in our lives we actually start to see that maybe maybe we can break free. We feel desperate that we just have to learn more and more as fast as possible. Secondly we finally taste connection - and we cant get enough of it. Maybe someone on the chat will be able to

listen to me, share with me, connect with me in that real and meaningful way.

By the way, regarding that chaver I recently met - The connection is so real that it does not matter that we may not see each other again for a long time. And it does not even matter that I do not know his real name. I didn't even think of asking.

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Re: My sorry state...

Posted by iampowerless - 22 Feb 2018 05:20

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Very true Post! I felt the same way when i met you and chat with you! It's funny even though I don't know your name it doesn't matter. I feel more of a connection with you than some of my friends who i've been friends with for years!

And another thing i love is that over here i could show my true feelings and finish all my posts with :kissing\_heart:Love Your Good Friend Yankel in real life it will be kinda weird!

:kissing\_heart:Love Your Good Friend Yankel

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Re: My sorry state...

Posted by HakolMilimala - 22 Feb 2018 14:32

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my therapist gave me the contact information of a fellow person in recovery a few weeks ago whom I have yet to call, so he asks me why haven't you called?

i say oh I haven't had time

he says I think there may be more to it

and I think about it and I tell him that I feel uncomfortable calling because I'm just some kid who's watched some porn and who said this guy has time for me.

two key thoughts there *I'm not worth it* and *I have to appear perfect*

so I thought I could share the idea of his response with you:

This is not a contest, whether you have used porn 30 times or 300 or 3000, whether you have gone to behaviors beyond porn/ real life encounters, whatever it is, we are all going through a very similar struggle in many many ways. Whether or not you label yourself as an addict, don't worry about that right now. If you believe that being in contact with people and building a network helps you, then by all means, go for it! If you believe that you don't need to go to SA meetings, then ok, but that doesnt mean that you can't join a network of people that are in your boat.

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Re: My sorry state...

Posted by danann@ - 22 Feb 2018 19:34

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lifebound thanks for shearing you have a great point and HakolMiliala is right, not everyone addict or not has to go to SA meetings, i my self was/em a lite addict but joining a network/group that are in the same boat that can give advise and that i can contact with people and have this relationship like Hashem help me has put so beautifully has help me amazingly and even when one of my partners suggested that i should go to SA and i spoke to the group leader he told me that if something else is working for me i shouldn't go to SA, but one thing everyone seems to agree here what ever if we need SA or not, is that the gye connection system that you can make a true relationship that you can say all your feelings can help a hazlacha on what ever path hashem takes you!

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Re: My sorry state...

Posted by MayanHamisgaber - 23 Feb 2018 00:09

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[lifebound wrote on 22 Feb 2018 03:51:](#)

[MayanHamisgaber wrote on 22 Feb 2018 03:14:](#)

I relate to this almost exactly

Personally the only reason I have not joined this elite group is because I feel it will do more harm than good and I would use the meetings to get my fix

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KOMTNMW

Hey Mayan thanks.

I'm assuming by "elite group" you mean addicts? If so then yes, from what I've read and heard from others here, the full addict regimen is generally not a good idea for non-addicts, although there is what to learn from both sides of the coin. Workingguy said it better than me in this post: [guardyoureyes.com/forum/4-On-the-Way-to-90-Days/310838-My-Book-of-Business?limit=15&start=465#322535](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/310838-My-Book-of-Business?limit=15&start=465#322535)

Regarding my own situation, from hearing the complete powerlessness and lack of control the way addicts describe it, I don't think I have it quite that bad. In some ways yes, but in others not. I'm not entirely sure what my "label" is. Currently I have no plans to join meetings. I'm sure it would help with the loneliness and desire to feel connected but I don't know that it's what I need for my actual lust recovery. When you say you'd use meetings to get your fix, you mean the meetings themselves would be a trigger for you?

No the meetings themselves would not be a trigger and I would like to meet some other gye family members again (I attended an O.I.N.K. meeting once and met two heavy weights)

The trigger for me would be when the sharing started of the struggles and the load down of their life story for whatever step that is

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Re: My sorry state...

Posted by lifebound - 23 Feb 2018 00:51

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