

Single

Posted by Bochorke - 13 Feb 2022 03:58

Sincerely to be single and be shomer is very difficult, when the years pass and you see you're not getting married you don't see anymore when the relief will come

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Re: Single

Posted by Vehkam - 13 Feb 2022 04:11

Using the tools and methods on this website to rewire your brain will definitely help with that struggle. You are correct that it is difficult but once you change your perspective that can be a source of inspiration.

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Re: Single

Posted by Bochorke - 13 Feb 2022 04:15

Bh I'm not an addict it's just the simple urges just kill me

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Re: Single

Posted by jackthejew - 13 Feb 2022 08:08

[Bochorke wrote on 13 Feb 2022 04:15:](#)

Bh I'm not an addict it's just the simple urges just kill me

According to Dov, 95% of GYE aren't addicts. We're just dealing with urges.

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Re: Single

Posted by Captain - 13 Feb 2022 14:00

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

See below in my signature for the links.

?Hatzlocha!

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Re: Single

Posted by Shtarkandemotional - 13 Feb 2022 15:12

[Bochurke wrote on 13 Feb 2022 04:15:](#)

Bh I'm not an addict it's just the simple urges just kill me

Welcome! Hang out here and you'll find lots of successful tips from the chevrah here!

How about starting from here.. take a paper and write down all the contributing things that you feel are making the battle so intense for you?

perhaps things like..

- 1.gazing in the street.
- 2.thinking certain thoughts without seeing anything recently
- 3.looking at different things.
4. Looking around at weddings.

(Everyone has a whole big bunch of contributing factors)

It'll be helpful because once you have everything

down you can know where to start and what to add and what to reduce to make your journey easier!

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Re: Single

Posted by Shtarkandemotional - 13 Feb 2022 15:17

[Shtarkandemotional wrote on 13 Feb 2022 15:12:](#)

[Bochurke wrote on 13 Feb 2022 04:15:](#)

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Keep in mind our whole Fight is stemming from our thoughts. So we gotta figure out what

causes us to think things. for you it might be partially the constant thought of marriage. Thoughts often stem from what we see and hear.. and of course the actions we do. So we see people married and we want the same so that gets us on a roll. It's important to understand the thoughts that are triggers.. and the best if we can understand what triggers the thoughts often it's something we see or do that can be reduced. But don't overthink :-) that's a problem too!

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Re: Single

Posted by cordnoy - 13 Feb 2022 16:20

[jackthejew wrote on 13 Feb 2022 08:08:](#)

[Bochurke wrote on 13 Feb 2022 04:15:](#)

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According to Dov, 95% of GYE aren't addicts. We're just dealing with urges.

I have a lot to say on this, but no time right now.

Those who can't stop actin' out on their urges become addicted.

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