

My first day clean

Posted by john.watson4181 - 26 Oct 2010 01:04

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Today was my first day clean. I must confess I feel weird and hopeless but I made up mind mind to be free from porn.

Today I didn't even turned on the computer. I went out and runned for half an hour than I visited my parents.

Hope to be able to go on.

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Re: My first day clean

Posted by ZemirosShabbos - 26 Oct 2010 02:13

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congratulations!

every minute that you are clean is precious. take this success and build on it. keep reading and posting. learn the attitudes you will need. keep on trucking by staying in the fight no matter what. learn from others and most of all learn from yourself. see where and how things went wrong in the past and try to implement steps to avoid it.

behatzlocha

zs

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Re: My first day clean

Posted by mnman415 - 26 Oct 2010 02:14

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mazal tov! one day clean is gold! just remember that a person cant get to day 2 unless he has day one and a person cant get to day 200 without day one either. so remember that each day is as crucial as the next!

do you have a story???

o and most importantly, WELCOME TO YOUR NEW HOME the rest of the gye family will post

very very soon

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Re: My first day clean

Posted by john.watson4181 - 26 Oct 2010 03:32

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Thanks for your support. It is very important to me to have someone to share my thoughts and feelings.

I started watching porn and masturbating 3 years ago when I started having problems with my wife. I think it was a way to fulfil the emptiness of my heart. Since that time this bad habit was growinh strong in my life and I was getting distant from Sara.

until the point I was too tired for sex.

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Re: My first day clean

Posted by frumfiend - 26 Oct 2010 13:40

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That was a beautifull and honest post. You will find here that everyone here has similiar experiences so you have nothing to hide here. Just keep on posting and make yourself a part of the chevra. you will start to feel like you finaly are home.

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Re: My first day clean

Posted by bardichev - 26 Oct 2010 21:50

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JOHN EVERYONE HERE HAD A FIRST DAY!!!!!!!!!!!!!!

WELCOME

B

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