

Hello guys need help

Posted by sababa - 03 Aug 2011 09:47

Hey guys I'm new here and I tell you a little about myself

I'm addict to this(z'era) and to porn 4 years, I was a compulsive masturbator and slowly(I was out very much zer'a le'vatala), I stopped twice a day, once a day, once a week

Most days I could be clean 55 days and fell to 3 days on Saturday

It turns me on commercials,porn,street, girls and there's so many things being seduced me and I really feel that a second and this second battle for me

Guys I need some encouragement fell 3 days and I'm really desperate I do not want to fall but it's difficult

Thank you my brothers

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Re: Hello guys need help

Posted by Dov - 04 Aug 2011 01:17

So fine, you admit you are in trouble. So do the work, do not sit on your hands. Till now you have been struggling hard - but 'struggling on your own' is really all just *sitting on our hands*, cuz for you it doesn't work! Right? That is what you are saying - it has not really worked and you are feeling hopeless. But now you can have real support, real eitzos, and can admit to others who know like you do vats tutsach mit dir.

Have you read a little of the stuff guys sent you yet? The Handbooks? We've all got work to do, and we all can do it be"H.

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Re: Hello guys need help

Posted by chazak - 04 Aug 2011 14:19

thanks dov

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