

Introducing Myself

Posted by wantingtostop - 29 Aug 2011 10:31

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I can't tell you all how much things have changed for me already, since discovering this group. I am now on day 6, and still going strong.

I am married with a wonderful wife and have wonderful kids, and still, I have this problem (masturbation). I have never done anything with anyone else, and I've always convinced myself that as a result of that, my problem was not "as bad."

I have been having this problem for so long - maybe 20 years plus, and I can't tell you how painful it has been to "try" to stop so many times. I tell myself that I'll stop during Elul. Then i say I'll stop during the aseret ymei ha'tshuva. Then, as I'm davening on Yom Kippur, I promise HaKadosh Baruch Hu that I will never do it again.

But it's all been empty.

This forum and GYE has shown me that the only way I will be able to stop is to own up to the problem in a real way and count every day.

Thank you all so much for providing the means for potential recovery.

So here we are, in the middle of day 6, and all I want is to be able to log in tomorrow, and confirm another successful day.

B'ezrat HaShem.

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Re: Introducing Myself

Posted by ZemirosShabbos - 01 Sep 2011 17:14

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Great to hear you are doing well, Wanting to stop, keep on keeping on, or as they say here Keep

wishing you the best

zs

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On Trucking (???? ??: Keep On Monster Trucking)

Re: Introducing Myself

Posted by Back on Track - 01 Sep 2011 19:05

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[ZemirosShabbos wrote on 01 Sep 2011 17:14:](#)

Great to hear you are doing well, Wanting to stop, keep on keeping on, or as they say here Keep

wishing you the best

zs

that's nuscha ACHRINA to be more accurate zemmy.

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Re: Introducing Myself

Posted by ZemirosShabbos - 02 Sep 2011 14:17

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was it my grandma who said not to argue with people who drive trucks with tires as tall as Abraham Lincoln?

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Re: Introducing Myself

Posted by wantingtostop - 04 Sep 2011 09:54

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Now is when the real challenge begins. Given that my wife is now, one would say, "religiously off-limits," I will really need to fight.

Looking forward to it!!!!!!! Bring it on!!!!!!

WTS

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Re: Introducing Myself

Posted by geshertzarmeod - 04 Sep 2011 10:03

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I havent posted in long time. But I've been checking in here and there. Wanting to stop, welcome aboard! As others have said I was in the same boat as you, Im now over the 200 day mark. There will be continued urges and challenges they never go away. posting and counting days on the chart give you the ability to fight back, the controls will be back in your hands. for me talking out the reasons why I acted out helped me recognize them when they came back. so i was able to say I know what you want Im not going there. so post away! and keep climbing! don't look back! just keep going forward!

B'hatzlacha!

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Re: Introducing Myself

Posted by alexeliezer - 04 Sep 2011 16:05

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Reb Stop,

Time to experience, maybe for the first time, the truth of Chz"l

Man has a small eiver

Feed it and it's hungry

Starve it and it's satisfied.

But you're also going to starve it from being stimulated by lustful thoughts and gazing. And I would recommend not checking out your wife at least during this period.

Shteig on!

Alex

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Re: Introducing Myself

Posted by wantingtostop - 05 Sep 2011 07:24

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Thanks for the insight and the advice, Alex!

12 days and counting ...

WTS

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Re: Introducing Myself

Posted by gibbor120 - 06 Sep 2011 21:32

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[wantingtostop wrote on 04 Sep 2011 09:54:](#)

Looking forward to it!!!!!!! Bring it on!!!!!!

Be careful, don't ask for a fight. Just ask Dovid Hamelech. Be prepared for one, but pleeeeeease don't ask for one. KOT one day at a time my friend.

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Re: Introducing Myself

Posted by wantingtostop - 07 Sep 2011 07:25

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[gibbor120 wrote on 06 Sep 2011 21:32:](#)

[wantingtostop wrote on 04 Sep 2011 09:54:](#)

Looking forward to it!!!!!!! Bring it on!!!!!!

Be careful, don't ask for a fight. Just ask Dovid Hamelech. Be prepared for one, but pleeeeeease don't ask for one. KOT one day at a time my friend.

Thank you so much for the advice. You are, of course, right! 14 days and counting ...

I can't believe that I have made it to two weeks. Thank you, HaShem!!!

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