

hi everyone

Posted by last try(hope) - 05 Dec 2011 20:55

a few days ago i came across this fabulous site and i decided to start again.

i am for 12 years fighting in this battle and really hope that this time i will win.

for some years now i am in and out from it- before rosh hashana i was clean for almost a year
but then all the feelings around tshuva got me thinking about all the garbage again and got me
in until last week(look at the 90 day chart) :-[:-[. i think that the thing that is most hard for me is
the thought that it is a battle for life, i don't want to be in tension all the time. the only thing this
time that is different is that with encourage from the help guy here i got the courage to go to the
rabbi of my kehila and talk to him about it and start sending him webchaver reports.

one of my problems is i have the net through work so i don't have a filter :-[:-[.

would like to be in contact maybe here i will get chizuk.

thank you all

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Re: hi everyone

Posted by last - 19 Jan 2012 18:05

it is a news site one of those i made a 'Neder' not to go into. they also have good stuff like this
writer that is a good frum yid and i like reading him but now i do not go into that site, so i do not
have a way to read him. i think i will forget from it Vegamarnu.

LT

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Re: hi everyone

Posted by Dov - 19 Jan 2012 21:32

Sounds good, your gut is probably 100% right.

But I was really hoping you'd open up about the exact details of the story and website, just to be direct and open. It's not about lust, it's about openness. I love it, use it, it saves my life. That's all.

Gamarnu, chabibi.

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Re: hi everyone

Posted by last - 19 Jan 2012 23:26

[dov wrote on 19 Jan 2012 21:32:](#)

But I was really **hoping you'd open up about the exact details of the story and website**, just to be direct and open. It's not about lust, it's about openness. I love it, use it, it saves my life. That's all.

not sure what did i hide-

until 55 days ago i would look a lot in news sites (nrg.co.il ynet.co.il) that news site has tons of garbage like the big swimsuit contest or whatever(and i looked at it). this site also has a bit of good stuff, and about that stuff i am talking.

if i wasn't clear enough or not direct and open, ask and i will be happy to answer

LT

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Re: hi everyone

Posted by Dov - 20 Jan 2012 02:53

No big deal, really. For example, there is one kind of being open, in which we admit that we have been having "a hard time with patient with my mother." It is different when we spell the basic facts out more clearly: "I go crazy sometimes when my mother keeps repeating herself on the phone." And it is an entirely different experience openly clarifying that "I am ashamed at how impatient I was today when my mother kept repeating the instructions from the paper the funeral director sent her about the exact markings on the gravestone of my father, just to get them right. She is unsure of herself when it is really so simple and clear, and gets all worried. Her repeating the directions to me drives me nuts and I want to tell her to just relax and follow the directions, and sometimes I feel like saying to her stuff like, Mommy, c'mon, it's obvious, just *read the paper and do **what it says!***"

Gevalt. That's different, you know. I am facing the exact, unvarnished truth. And it will lead to some real recovery, real growth. Facing the truth in the comfort and privacy of my own mind is usually totally worthless - because we color it - I color it. When another person looks at it together with us, the true colors and meaning of it are often revealed for the very first time.

Same thing with guys (not you) who say, "I've been having some lust trouble lately." Good heavens, what good is that? Yeah, sure, it is something...but is that what I want? No. I want (I need) *recovery*, not just more '*something*'. Details, exact details. That's what we need - what I need - to share.

Of course, this forum is definitely **not** the place for factually detailed porn-problem details to be discussed! But that is what is needed - we need to find venues that are safe for everyone involved, to get the whole truth out about us. That is the only thing that works for me - and it is precisely what the Rebbe R' Meilech writes in the Tzetil Koton #13, "*v'lo ya'alim shum davar machmas habusha.*"

So....since this was not a lust issue but just a distraction in the news that you were only avoiding due to your own good judgement, I was hoping for some meaty details. It makes it all more real.

Just my two cents.

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Re: hi everyone

Posted by last - 20 Jan 2012 08:13

still not sure i really understood

i think a few messages ago i wrote to what i am addicted

i will write it again.

i think young ladies in bikinis are very pretty and i love looking at their pictures that makes me masturbate afterwards. some times it is the other way round, i want to masturbate so i go and look for girls in bikinis and then i masturbate.

now i was only asking should i get away from every thing connected to those sites or should i find a way that wouldn't put me in danger to get clean stuff from that website.

sorry if you it triggers someone(if yes please erase immediately)

shabat shalom

LT

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Re: hi everyone

Posted by Dov - 20 Jan 2012 15:50

Awesome, fantastic and really OK. I meant no big deal when I wrote [dov wrote on 20 Jan 2012 02:53](#):

No big deal, really.
so hey, it's no big deal chabibi!!

You are definitely moving forward and I figured there is no harm in suggesting a further step to consider in the future. And I was talking (writing) to myself as much as to you!

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Re: hi everyone
Posted by last - 22 Jan 2012 22:36

had a bad dream last night :-[

i dreamt that i am letting myself try and see if i could really stop on time :-[

in the morning it took me a few minutes to realize this was a dream and i am still sober(hope).

good night

i will daven for better dreams tonight

LT

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Re: hi everyone
Posted by last - 30 Jan 2012 07:43

:-\ i was looking for trouble last night :-\

B"H happened 'vaechsoc gam anochi otcha mechato li'(breshit kaf)

LT

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Re: hi everyone

Posted by last - 03 Feb 2012 08:06

) i stumbled upon a
loophole in k9

now i am tempted

:(:(

need chizuk not to try it out

accidentally (maybe a little trying to see if i could get close and save myself >
I already told the Y"H that he is a smart guy and should know that it isn't worth it to lose 70 days
for 70 sec.

LT

decided to close the computer

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Re: hi everyone

Posted by chaimyakov - 03 Feb 2012 15:14

Good going in closing the computer. i am no where near computer savvy, ie. took me 2 hours to figure out how to text on my new phone, but i had k9 whipped in about 7 minutes. K9 is still on my computer, but it is a safety net in case something unintended shows up. Immediately after finding the loop hole, i installed accountability software. The addict that i am, i can't even trust myself.

There is a line in a song from long ago that i may finally have an understanding of. "There's a smile when the pain comes, cause she knows everything's gonna be alright", earlier it is clear that addiction is part of the topic. IMHO, the lyric is saying that at a time of temptation/struggle it is the memory of the pain from the past that comes and that memory is enough to get past the

moment.

Focusing on the pain, the reason you want/wanted to be clean, may help you fight the momentary battles.

Hatzlacha in all things GOOD.

chaimyakov

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Re: hi everyone

Posted by last - 11 Feb 2012 19:21

thanks to hashem and his 'shluchim' here at GYE

have a 'shavua tov' everyone

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78 B"H (one day at a time)