

Hello everyone

Posted by beginning - 09 Aug 2012 02:47

---

Hi guys,

It is truly from shemayim that i found this web site today and in good timing too because i have been searching and searching and praying to hashem to help me find a means to stop my addiction. I am 23 years old and i have been addicted to masterbation since 11-12 years old and iv been looking at shmutz since i was 6!!!. im finally ready to take a stand! I use the k9 but at the same time my yetzer is extremely powerful and when it wants to look at pritzus it finds a way. But now that i have a support group i really think i can finally conquer this addiction. Really happy to now be a part of this amazing movement and i will for sure bring some freinds with similar tayvas onboard.

=====

Re: Hello everyone

Posted by JustKeepGoing - 09 Aug 2012 03:21

---

Hi and Welcome!

Did you check out the Handbook yet? Its great. I think I gained the most from one extremely powerful point that you may hear often. *Dont fight lust* just give it up. Change the focus from "beating lust" to "giving it up/not wanting to lust"

Hatzlacha!

=====

Re: Hello everyone

Posted by ur-a-jew - 09 Aug 2012 16:07

---

Welcome, you have indeed come to the right and great place. Read the handbooks, get the chizzuk emails and take advantage of the support group that GYE provides. Much hatzlacha!

=====

Re: Hello everyone

Posted by Ez streak - 14 Aug 2012 17:19

---

I am 23 too ur gonna do it, be strong and just cry to hashem for all of us all those kids who grow up in houses that have tvs and CPU just like u and me. Everyone falls into this. Idk what to say but I am so happy for u and wish u all the best. Holy yid

=====

Re: Hello everyone

Posted by nederman - 15 Aug 2012 01:27

---

Try reading Feeling Good by David Burns.

=====