

I'm new here and confused

Posted by Oyyvey27 - 29 Apr 2013 22:13

As u see I'm know where and need advise I feel like I'm getting lost on this site and obsessed with the whole thing and I'm afraid I'll get in trouble. I find it much easier to avoid being nechshall when I'm busy with other stuff all together ?? On the other hand I need help please help

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Re: I'm new here and confused

Posted by gibbor120 - 29 Apr 2013 23:40

It can be overwhelming at first. You will find your way over time.

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Re: I'm new here and confused

Posted by davidngu613 - 30 Apr 2013 07:26

I completely understand you- I went through several stages in understanding how to use this website, and join this community. Like Gibbor said its overwhelming for everyone in the beginning. Luckily, the home page has a 1st time here option, introducing you to the site. If you're really lost, I can tell you what I did: First become a member and sign up for chizuk emails. Read the GYE program online and then print out the handbook; see if you can get a sense from both where you're actually holding in this addiction (or whether or not you even have one). In fact, the levels of addiction and what do about them are clearly spelled out. Finally, keep posting on the forum and interacting with people on the site- this community is full of holy warriors who are here to help and grow with you. I can see you've gotten a lot of feedback already; I would be surprised if you haven't already gotten a torrent of encouraging and welcoming PM's as well. Finally, don't be discouraged if the process is slow and you don't find yourself cured in a week. While GYE is probably the best approach to battling lust addiction, even it can't cure you in a matter of days- its going to take a lot of time.

Its easy to get caught up in the torrent of stories and experiences on here, as well as the countless things people did to get better. Some of it is inspirational, some troubling, and some even triggering- don't try to absorb it all at once bc then, like you said, you get obsessed, unfocused on your own struggle. Take it one day at a time and most importantly, create your own personal plan of recovery that you revise and retailer every time you have a new insight or discovery.

Hatzlacha with your journey and rejoice knowing that you've finally come to the right place.

David

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Re: I'm new here and confused

Posted by Eye.nonymous - 30 Apr 2013 09:41

For starters, download the GYE Handbook. You'll find it here:

guardyoureyes.com/ebooks

Good luck and welcome to the forum.

--Elyah

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Re: I'm new here and confused

Posted by 1daat - 01 May 2013 10:43

Welcome. It IS confusing. But the good part is everybody will help. Just say, "help", just like you did.

So the other guys gave you good advise. Try to remember, "Easy Does It".

Early on I obsessed with the site,too. Frankly, it was good for me. I could spill my guts and heartache and fears out, and guys wrote me back. I felt for the first time that I really wasn't alone with this horrible monkey on my back. So it was something that was new to me--to matter.

Spending a lot of time on the site was a whole lot better than spending a lot of time doing my sickness all over myself.

You have taken the first step to being showered with brochos beyond anything you can imagine. Just take one day at a time. They'll start to add up very soon.

I wish you much success,

Joel

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Re: I'm new here and confused
Posted by Oyyvey27 - 01 May 2013 21:15

Thanx Joel

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Re: I'm new here and confused
Posted by mr. emunah - 02 May 2013 00:11

stay on the Just Having Fun..

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Re: I'm new here and confused
Posted by inastruggle - 03 May 2013 21:20

true. all the important threads are there

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