

**HELP**

Posted by IMATTER - 05 Jun 2013 02:56

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Hi,

I have not posted anything on the forum for a while. It has prob been around a year. I feel that I have made not progress since last year, in fact, I think my masturbation addiction has only gotten worse. I had my weeks, even over a month, where I was "clean", but when i fall, i fall really badly, and my addiction and constant masturbation only gets worse.

The most difficult thing about this whole thing, is that it is so hard for me to be open about this in person with someone. All my friends know e as the "sweet" guy, the nice man, who is innocent, giving, caring. Even my roommate calls me a happy go lucky guy. All of this may be true, but I am a major victim to my addiction towards masturbation. The way people view me just makes it even more difficult to be open about my masturbation problem. I really want to be open about this and really start to work on this issue, but I really need help. So, i am writing this post, what else can i do right now?

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Re: HELP

Posted by gibbor120 - 05 Jun 2013 05:51

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open up. Even if it's just to a GYE member on the phone or an anonymous phone conference. See dov's Captain Kirk post. You can click the "dov quotes" link in my signature and read the first post.

Open up, really, it's powerful.

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Re: HELP

Posted by Chachaman - 05 Jun 2013 09:37

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Tell us a bit about yourself (while leaving out identifying details, of course)...don't make the forum another vehicle for hiding.

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