

Let's rock and roll

Posted by airmale613 - 25 Oct 2013 21:22

Hi all,

I am glad I found this site. I need some serious help and hope this site can help. I am committed to starting a new life. Before coming to this site I deleted my Facebook account, any chat software on my phone and any other stumbling blocks. I must succeed.

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Re: Let's rock and roll

Posted by cordnoy - 25 Oct 2013 21:40

Welcome!

Good start!

Tell us about your issues, so the oilam can help.

We wish you much hatzlachah.

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Re: Let's rock and roll

Posted by reallygettingthere - 25 Oct 2013 22:17

[airmale613 wrote:](#)

Before coming to this site I deleted my Facebook account, any chat software on my phone and any other stumbling blocks. I must succeed.

cool.

My name is Eli and I've been here for a little over a year. The short time that I 've been here has dramatically impacting my life even though I was struggling with lust for 25 year prior.

What's your story?

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Re: Let's rock and roll

Posted by airmale613 - 25 Oct 2013 22:22

Basically started with porn, then unto inappropriate online conversations. I have realized that the Rabbanim knew what they were talking about. I am ready to hit the reset button on life and my relationship with the RSO.

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Re: Let's rock and roll

Posted by reallygettingthere - 25 Oct 2013 22:27

[airmale613 wrote:](#)

I am ready to hit the reset button on life and my relationship with the RSO.

What will that look like and how will YOU make sure you don't go back?

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Re: Let's rock and roll

Posted by Machshovo Tova - 25 Oct 2013 22:31

Welcome airmale613,

You say "I need some serious help and hope this site can help." Yes, this site has helped many and can help you too. But what you need even more than serious help, is serious work. GYE was (and still is) a lifesaver for me, but one of the things I learnt from GYE was that there are no instant cures. If we expect to wake up tomorrow as a normal person with our "problem" behind us, it ain't gonna happen. But if we're willing to acknowledge our problem and work on it "a day at a time", then we can hope to look back after a while and see how we have miraculously changed for the better.

Hatzlacha

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Re: Let's rock and roll

Posted by airmale613 - 25 Oct 2013 22:31

It's day one for me. So it's hour by hour. Started by deleting all females from my facebook, then thought, what the hell and deleted the account. I signed up for a sponsor and will hopefully get someone to monitor my phone. Still working out a few more steps.

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Re: Let's rock and roll

Posted by gibbor120 - 25 Oct 2013 22:42

Hi airmale613, Welcome! You have come to the right place. You seem really determined to do whatever it takes! Look around the site, post on the forum, read the handbook. There is a lot to learn here.

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Re: Let's rock and roll

Posted by tryingtoshteig - 25 Oct 2013 23:27

Welcome, nice to meet you!

Get ready for the journey of your life!

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Re: Let's rock and roll

Posted by AlexEliezer - 27 Oct 2013 19:02

Welcome!

Hatzlocha in your journey.

To successfully overcome this addiction, we must not only stop the stuff we're doing. We also need to start living the life we really want to be living.

Be on guard for all kinds of sneak attacks.

Personally, I have accepted that I cannot dabble in lust. For me, I'm only able to stay sober by keeping far from the stuff.

Keep us posted.

Alex

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Re: Let's rock and roll

Posted by airmale613 - 27 Oct 2013 19:59

Thanks Alex. Btw...still looking for a sponsor if anyone knows anyone.

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Re: Let's rock and roll

Posted by gibbor120 - 28 Oct 2013 22:32

It is hard to get a sponsor here, but relatively easy to get a friend. Stick around and make some friends. That will be the biggest help.

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Re: Let's rock and roll

Posted by airmale613 - 28 Oct 2013 22:38

Why so hard to get a sponsor?

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Re: Let's rock and roll

Posted by gibbor120 - 28 Oct 2013 22:41

The idea of a sponsor is really from a 12 step group. Most of us have never been to one.

I've seen people ask for a sponsor here or even just a phone partner. But it seems the best way is to post and find someone you think you can connect with. Send a PM, then perhaps make a phone call. Many of us have even met each other.

That's just what I've seen here.

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Re: Let's rock and roll

Posted by Snowflake - 29 Oct 2013 04:56

I'm also new here, so if you want to share tips with me or just have a talk, feel free to PM me.

Trying to stay pure by oneself and trying to do it with a group are worlds apart. The latter feels

Behatzlacha!!

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Hello airmale, welcome to GYE

much better!!