

Just starting

Posted by aquabeaver - 20 Feb 2014 23:46

Anyone want to say Hey! I'm sad and addicted and an emotional wreck

lol

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Re: Just starting

Posted by Pidaini - 20 Feb 2014 23:49

Hey there!!

Welcome to GYE!!

Don't be a stranger, if you struggle with lust you're in the right place and can be open.

What's your story?

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Re: Just starting

Posted by aquabeaver - 20 Feb 2014 23:59

lonely. always done things to the max. learnt hard. in the past had problems on the very odd occasion, like when away and unsuitable stuff in the guest house and stuff. not enough to make it a problem. Got internet at home a few years ago and then got into problems again but got over it quite quickly when covenant eyes and so on. started work a few months ago once again fell into trap at work. I work for frum guy and was surprised that he had no filter system. Asked some1 to put filter on after failing for a while. then when I have to use my bosses comp I started getting properly hooked and now It's got me hook line and sinker.

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Re: Just starting
Posted by skeptical - 21 Feb 2014 00:53

aquabeaver

I'm sad and addicted and an emotional wreck

lol

Do less of the sad and more of the lol!

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Re: Just starting
Posted by aquabeaver - 21 Feb 2014 00:56

thanks lol lol lol

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Re: Just starting
Posted by gibbor120 - 21 Feb 2014 03:18

have you with us. Keep posting.

. Nice to

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Re: Just starting
Posted by dms1234 - 21 Feb 2014 03:47

Welcome!! I would love to hear even more of your story!

This is a great place to start: guardyoureyes.com/breakingfree/first-time-here

The GYE handbook especially

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Re: Just starting

Posted by aquabeaver - 21 Feb 2014 17:43

Hi everybody!

Thanx for posting replies!

On high at moment cos I've just found this forum. However, I'm a realist and I know it's not going to be an easy path.

Felt really good last night after joining and so did a good amount of exercise.

I'm addicted to escapism as well. So will read ridiculous books and stuff like that. Not bad stuff just dumb. Does this site help with that kind of thing.

I'm at work so I have to get going but I hope everyone has a really good Shabbos.

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Re: Just starting

Posted by gibbor120 - 22 Feb 2014 01:18

Addictions in general are a form of escape. Learning to deal with real life and accept things as they are will help with any addiction or form of escape. That is why AA has so many offshoots. The basic principles of recovery are the same no matter what the addiction/escape.

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Re: Just starting

Posted by dms1234 - 22 Feb 2014 03:24

[aquabeaver]

On high at moment cos I've just found this forum. However, I'm a realist and I know it's not going to be an easy path.

So? What matters right now is your clean! who cares about tomorrow. Lets just concentrate about today. If today you are doing well, then great! Thank God! Don't worry about what life will be like in the future. One day at a time!

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