

Introduction

Posted by Hope - 24 Mar 2014 21:37

Hi Everyone,

I find it really hard to introduce myself here, I nearly have tears in my eyes. I guess this may be the beginning of my recovery journey, to admit that I have a problem. I am not yet addicted, but I feel that if I don't get on top of it soon I will get out of control. I have recently been watching inappropriate stuff on the web and I masturbate with it, and I really feel horrible afterwards and whenever I think about it I feel depressed.

I am a frum person, married with children. I hope to be able to use this website to support me and to get rid stop watching inappropriate things and to stop acting on it.

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Re: Introduction

Posted by Avrom - 24 Mar 2014 22:26

Welcome!!

You've come to the right place, and guess what - there is hope!!

There are plenty guys here that are frum and have children - and have gotten better...

"Half the Cure is knowing that there is a problem", and I applaud you for having made that fearless step to come forward and admit you have a problem. But I'd recommend you not to stop here... Keep us updated and see what else you think helpful. Have you read the GYE handbook?

Hatzlacha and another warm welcome!

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Re: Introduction

Posted by startrekuser - 25 Mar 2014 00:19

Hi Hope,

Good job in being so honest. There are a lot of people here that can help you. You came to the right place.

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Re: Introduction

Posted by Hope - 25 Mar 2014 00:53

Thanks for your quick response, I was hoping that someone would. One reason why I am struggling at the moment is because I am bored most of the day and boredom brings to all sort of nasty things, my first suggestion to everyone is KEEP YOURSELF BUSY. I hope to have a new job soon.

I haven't yet read the GYE book, I do hope to do so soon.

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Re: Introduction

Posted by dms1234 - 25 Mar 2014 01:42

Hi Hope!!! Welcome to GYE!!! What an incredible name. I love it.

I would suggest reading [Skep's tips](#). They have greatly helped me.

Hope

One reason why I am struggling at the moment is because I am bored most of the day and boredom brings to all sort of nasty things, my first suggestion to everyone is KEEP YOURSELF BUSY.

I have that problem too and you are absolutely right. When I am busy with something, i have no time to think about girls.

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Re: Introduction

Posted by Hope - 25 Mar 2014 01:57

Thanks,

- "It doesn't matter if I'm clean for 4000 days or 4 minutes. Its all about Now. Everyday in my mind is day 1: a fresh clean start."

I do really like this, but find it hard to apply, I remember using it as a teenager when I struggled with it. When I get up the next morning and start davening, I have this weak feeling in my body that reminds me of my struggles the evening before. It also makes me feel like a hypocrite.

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Re: Introduction

Posted by Pidaini - 25 Mar 2014 06:19

Welcome Hope!!

(cordnoy, you gonna finally, for once, embrace hope?)

What does "recently" mean? Have you acted out other ways before watching things on the internet? Do you have a filter?

It's great that you're coming here before the monster grows up, it could make your life a whole lot easier!!

I completely relate with the boredom situation, do you have anything that you could be doing in that time?

Hope to see you around!!

KOT!!

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Re: Introduction

Posted by gibbor120 - 26 Mar 2014 00:18

Welcome Hope! We all have the same problem, more or less. keep posting, read the handbook. Hang around. There is lots to learn here. Having a chevra to share your struggles with helps a lot.

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Re: Introduction

Posted by cordnoy - 26 Mar 2014 07:37

We all can "hope" that we should see "hope" around here more often. Yes, Pidiani, on this thread, "hope" is always welcome.

BTW, one can "hope" for someone else to recover; he cannot "hope" that he will recover.

So, Mr. "hope," you may have heard that Cordnoy has laid down the hammer on this site that "hope" is a four letter word. If one "hopes" that he will get better, he is foolin' himself. One cannot "hope" for recovery; he must take action.

Therefore, I do take issue with your user name. Are you "hopin'" to recover? That's a No, No! You can "hope" that others should recover, but I assume that was not what was behind the name.

That bein' said, we "hope" that you will find the right tools here that work for you, and that you will take action and realize that "hopin" will get you nowhere.

b'hatzlachah

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Re: Introduction

Posted by Hope - 26 Mar 2014 12:15

Thanks, I must honestly say that I didn't think too much about my username, your point is well taken. We won't get anywhere without putting the conscious effort into it.

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Re: Introduction

Posted by shivisi - 26 Mar 2014 13:19

What **HOPE** meant to say was:

THanks, I must **h**Onestly say that I didn't think too much about my username, your **P**oint is well taken. We won't get anywhere without putting the conscious **E**ffort into it.[/quote][sup]

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Re: Introduction

Posted by TehillimZugger - 26 Mar 2014 16:02

Hi Hope.

Welcome aboard. I reiterate Avrom's suggestion. The most important thing for someone joining GYE to do is read the handbook, you know, see what it's all about.

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Re: Introduction

Posted by RebYid90 - 28 Mar 2014 21:10

WELCOME BRO

ya, wen i introduced my self i wrote this whole mushy thing bc i was so nervous about wat to right. its so good to have you here u dnt even know.

staying connected is the key ive found. so just stick around

luv u so much

and welcome!

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