

decided to get some help

Posted by dans41 - 28 Mar 2014 00:56

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I am volunteering for 3 more months at a ballet school 3x per week\

and want to get some help with my overwhleming feelings when a ballet dancer, dress im modestly walks near me, or comes near the desk

i also want to stop watching pornography daily to masterbate to

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Re: decided to get some help

Posted by dd - 28 Mar 2014 01:55

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hi dans!

welcome to the site!

we are all here to help ourselves and help each other, so go ahead and open up we all want to help each other may your first post be the first of many be"h.

looking forward to hear from you soon!!

kol tuv and hang in there.

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Re: decided to get some help

Posted by Machshovo Tova - 28 Mar 2014 18:47

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[dans41 wrote:](#)

I am volunteering for 3 more months at a ballet school 3x per week\

and want to get some help with my overwhleming feelings when a ballet dancer, dress im modestly walks near me, or comes near the desk...

Welcome Dans41,

You remind me of some of our holy sages (see Talmud Brachos 20a) who volunteered at the Ladies' Ritualarium. But they seemed to be able to manage it somehow. If you find it problematic, perhaps you should follow the old rule: If you can't take the heat, stay out of the kitchen.

Anyhow, welcome again, and good luck on your quest for sanity. Stick around and you'll surely gather some words of wisdom to help you along.

Hatzlacha

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Re: decided to get some help  
Posted by RebYid90 - 28 Mar 2014 20:38

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WELCOME BRO

good to have you here!

i dnt have any gr8 wisdom or advice, beside never giving up. ive been here since september

and as of today i hav been clean 2 weeks. just keep trying, and talking to god. that is all any1 can ask of you my holy brother. and remember, your tatty loves you!

good shabbos

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Re: decided to get some help  
Posted by dms1234 - 28 Mar 2014 21:26

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Welcome! Its great to have you here!!!

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Re: decided to get some help  
Posted by Pidaini - 29 Mar 2014 22:15

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Welcome dans41!!!

We're all going through the same thing, more or less. You can make yourself comfortable without worrying about being looked down upon!!

What's your story? How long have you been into the porn and masturbation? Have you tried to really stop?

Don't be a stranger!! This could be a turning point in your life (as it was in mine)

KIT!!

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