

I have a question

Posted by truthornott - 25 Jul 2014 02:25

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Re: I have a question

Posted by truthornott - 01 Aug 2014 19:15

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Re: I have a question

Posted by cordnoy - 01 Aug 2014 19:34

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nice

thanks

I know the feelin', but I do have public time as well.

Keep Up The Good Work

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Re: I have a question

Posted by aaron73 - 02 Aug 2014 22:48

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Hello my friend

I've been dealing with strong addiction to drugs and pornography, I almost died of drug overdose , but I reached out for help and found GYE and it helped me to find the way... B"H I've

been able to stay clean of drugs and lust, and I haven't gone to any groups...but I've had to make a change in all my life, all the way...If you can't go to any group, at least try to open yourself with someone you trust and tell him or her your struggles, it will help a lot

What language do you speak? if you want to chat in spanish just tell me

SHalom my friend

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Re: I have a question

Posted by truthornott - 03 Aug 2014 03:41

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Re: I have a question

Posted by truthornott - 07 Aug 2014 16:04

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Re: I have a question

Posted by truthornott - 07 Aug 2014 23:47

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Re: I have a question

Posted by Pidaini - 08 Aug 2014 04:34

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Great posts!! Thank you!!

There is much talk here about how to view women as a person as opposed to a sex object. It is a powerful idea, an idea that I didn't need to give much thought to until I was traveling and really had to deal with women constantly. I was amazed at how just rushing through all of dms1234556789's posts about it enabled me to change my mindset so quickly when I needed it.

About the second post, I can completely relate. It was one of the most frustrating things in the beginning of this journey, after all I thought that this was going to end with me not having urges at all!! With the help of the friends here, BH, I realized that that too was another facet of my own desires of comfort, I didn't want the discomfort of having to not give in to the desires.

I still have urges and I, BH, have the tools to be able to say no. Whether they will stop coming or not is not of any relevance at the moment, and most of the time it doesn't bother me anymore!

SO keep on trucking!! it gets easier as we learn and act more!!

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Re: I have a question

Posted by truthornott - 11 Aug 2014 05:30

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Re: I have a question

Posted by cordnoy - 11 Aug 2014 05:48

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Can you let us know what the triggers were.

Were you successful at all avoidin' it, or did it come outta nowhere?

It's important to nail down what steps were taken, and what, if anything, worked.

b'hatzlachah

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Re: I have a question

Posted by truthornott - 11 Aug 2014 16:41

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Re: I have a question

Posted by gibbor120 - 20 Aug 2014 00:31

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[truthornott wrote:](#)

btw Gibor 120,

Thanks, you made me smile. Keep smiling!

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Re: I have a question

Posted by cordnoy - 01 Mar 2015 23:07

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[ineedchizuk wrote:](#)

When not educating us, Cordnoy is busy at many meetings.

Sometimes with the therapist, sometimes the professional, sometimes the specialist.

Sometimes he goes by car, sometimes by truck, sometimes he takes his elephant.

What'd I leave out, Cordnoy? (-:

where da hell did my elephant go?

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