

like realistic ly

Posted by nabill - 05 Oct 2014 13:36

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So just came on trying to start a new year. Realistic ly it's tough. In my twenties. I have female employees. I have girlfriends all over my neighbor hood but all I want to do is tv screen p. All day and night know matter where I turn girls pics. Movies. Bodies. Thierry every were . Oy vey. Any ideas.

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Re: like realistic ly

Posted by Dr.Watson - 05 Oct 2014 14:07

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Welcome!

We're all in this together, Keep on posting!

**Make sure to see the 12 suggestions on the [First Time Here page](#).**

**Also, check out your [Personal Home-page](#). It will guide you through each tool/task that we suggest, one by one, and help you track your progress in recovery.**

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Re: like realistic ly

Posted by Shlomo24 - 05 Oct 2014 21:39

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welcome! great first step. im not sure i understand ur story, do u care to elaborate?

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Re: like realistic ly

Posted by nabill - 05 Oct 2014 22:07

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Basically I was just saying g that every were I go the girls. photos movie are every were. Phones tv computer. Home computrr. I'm on the Internet all day. TV and phone . It's nuts. Besides that. I watch porn all day n night and besides that I have girls in my neighborhood that just rape me wenever they want I'm bei.g attached ked. All sides.Of course I hate every bit of it. I feel like The only way to quit is go to a cave like the rabbi from the gemara. I 8 Hate Every Second Of it. I'm the guy doing g it on rosh Hashanah and crying on Yom kippur. Makes no sense

been like this all life. Not sure wattado. And I'm def. The last guy that would be on the site

But I'm no different. I just want to be able to quit

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Re: like realistic ly

Posted by Shlomo24 - 05 Oct 2014 22:28

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baby steps, baby steps. take it one moment at a time, literally 1 moment at a time. think to urself, "can i hold this off for 1 second?" if u can then eventually that 1 second is going to become 2 seconds, and so on and so forth.

take a deep breath right now and accept that u are not going to get over this in a day, a week, it could take years, (i have been in therapy for over 2 years), what u are looking for now is to make a little tiny progress, if u see that then u should be overjoyed, keep on fighting man, i really feel for you.

KOT! YTC!

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Re: like realistic ly

Posted by nabill - 05 Oct 2014 22:50

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Thank you for your thoughts. For some reason the easier It is the harder it seems like every time I think I could control I'm done. But I feel like if I'm not totally quits than screw it. And another thing is I'm around the Internet the whole day. It mite sound strange but I'd rather watch

porn than have sex with girls. That's how much I hate porn . It so weird for me to acknowledge it. But I watch all day. Morning afternoon nihht. I hate it. I need to be done compltly

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Re: like realistic ly

Posted by Shlomo24 - 05 Oct 2014 22:59

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let me ask you a question, lets say you could overcome it all in a week (which is not happening, bro, sry). are u gonna tell me that it won't be a gradual improvement even then? for sure not. it can feel really weak to admit that u dug urself in a hole, and that it may take a while to get out of it, but in fact its the strongest thing you can do. just coming here is a massive step, it shows ur going in the right direction and that u want to change. but think about this really deeply, would u rather keep on struggling or take it little by little? because little by little is how you can break this addiction.

as to porn instead of sex, there are many theories why ppl feel that way. its nothing abnormal. just keep ur head up and continue trying.

i just want to reiterate, if u watched porn all day, but today u held off the urge for 5 minutes, then that is an improvement. u wanna show the yetzer hora that u are up for a fight and u aren't going to listen to him commanding you, be defiant to him.

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Re: like realistic ly

Posted by nabill - 05 Oct 2014 22:59

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Shlomo i am knee deep in the game. Every thing is reason to do it. I'm kind of at the point where it's so weird. Like start on you tube. Than some images. Or just go straight or weird. I need a cave or tallies. Baby steps sound all good but realistically rite now just finished what do i do. I have girls in my aptment. I have female employees. I'm on Internet 24 hours it's every where. Dam Internet. What happened

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Re: like realistic ly

Posted by Shlomo24 - 05 Oct 2014 23:13

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start with filtering ur phone, computer, whatever it is. they have some free ones (such as k9) and if u want u could pay for a filter also, such as net nanny. net nanny is better, but all filters have holes. also block ur browser, (if u use k9), besides for the k9 browser, check ur parental controls on ur phone.

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Re: like realistic ly

Posted by Pidaini - 05 Oct 2014 23:30

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Welcome nabill!!

It's great that you're taking your first step, it really is. I know it seems like nothing compared to where you want to be, but it's the first step in that direction, there is nothing greater than that!!

Let's put the hard fact on the table, I can't change myself overnight. Finished. There are no quick fixes. Filters are good, maybe even necessary, but they're not gonna give us the peace of mind that we're looking for.

What practical steps can you take today to stay clean for today? slowly, one day at a time. Take a deep breath, the fact is that the only thing that exists is the now, so why worry about anything else?

Keep on posting!!

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Re: like realistic ly

Posted by dms1234 - 06 Oct 2014 00:08

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WELCOME!!!!!!!!!!!!

lets start by filtering your devices and following Yankels advice that we cant change overnight.  
Then we will take it from there.

GREAT WORK! KEEP IT UP!

Have you read the [GYE Handbook](#)? Also check out: [Skep's tips](#)

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Re: like realistic ly

Posted by nabill - 06 Oct 2014 00:47

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Really. Good thoughts. Thanks peoples. It's crazy that the first day on this site girlfriend who I've been done with for almost a year all of a sudden calls me to come to her house. Oy vey i should through out my phone but i don't have the balls. What a lose nabil. One day at a time. Just relax. Oy but u got guilt tripped in to going. Really but i don't want to i hate it. Just thinking aloud

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Re: like realistic ly

Posted by dms1234 - 06 Oct 2014 01:08

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Deep breath! If you want to message or chat: [dms1234ongye@gmail.com](mailto:dms1234ongye@gmail.com). Also if you would like to chat on the phone, i am available.

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Re: like realistic ly

Posted by ineedchizuk - 06 Oct 2014 01:17

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Shalom aleichem, Nabil!

You're overwhelmed.

A part of you really really wants out.

Yet, as the same time, you're deep in the sewer. It's filthy. It stinks. When you try to wipe yourself off, you just get more dirty.

And here's the crazy part: there's a ladder. All you have to do is climb out of the sewer. Yet- you're still down there!

So, Nabil, I ask you, do you really really want out, or not?

I can only point you to Dov's post called Captain Kirk (Thank you to whoever can post a link). Because for me, it really hit home. It helped me understand that in me is a little bit of both- I'm a little bit the guy who wants out, and a bit the guy who refuses to climb out. A true walking, talking paradox! And that awareness alone (and of course following Dov's advice) was a catalyst to my recovery.

So, take a look at that post, and see if it helps yo.u get a better understanding of what's going on beneath the surface. For me, that 'aha' moment was liberatating.

Beyond that, stick around, and get comfortable. 'Cuz like others above have pointed out, it's a long road up ahead.

The good news is, you have an awesome bunch of 'gye' guys coming along for the ride to cheer you on!

Hatzlacha!

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Re: like realistic ly

Posted by skeptical - 06 Oct 2014 01:45

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The girls everywhere are raping you?

Girls are allowed to exist. The problem isn't with them, it's with the way we think of them.

We need to work on how we view other people, and how we view our own lives.

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