

Dilema (changed)

Posted by belmont4175 - 06 Oct 2014 21:11

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Hi! just before YK i stumbled on to this site! it looks quite promising, i have worked a lot on my problems but came to realize that suffering in silence is the worst, here its not so hard to express onself, so i will try slowly to follow and see what goes on.

(sorry if my spelling is no good i am still looking for the spell checker)

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Re: Newcomer

Posted by nabill - 06 Oct 2014 23:21

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Sup bell mont. I'm knew he r e is as well. Keep fighting

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Re: Newcomer

Posted by Pidaini - 07 Oct 2014 00:38

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Welcome to GYE!!

What do you struggle with? What have you tried? What hasn't worked?

Don't be a stranger, we're all in the same boat here!!

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Re: Newcomer

Posted by gibbor120 - 07 Oct 2014 00:42

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WELCOME! Opening up is powerful! Scary at first, but it gets easier. This is a very understanding, and welcomeing bunch, not judgemental at all. So make yourself at home and keep posting. This site can change your life. It changed mine!

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Re: Newcomer

Posted by belmont4175 - 07 Oct 2014 00:47

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i had phone closed for very long time but had other ways of whatcing occasionally, now recently got new andriod phone but i want to change to iphone b/c i heard that its the best for being clean and still having white list.

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Re: Newcomer

Posted by godhelp - 07 Oct 2014 01:16

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You are doing great.

It is great that you came here it is the best place to be for anybody struggling with lust it seems like you are really motivated and you are doing what you have to do to stay clean keep it up.

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Re: Newcomer

Posted by belmont4175 - 07 Oct 2014 19:16

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First guys thanks for the warm welcome it does make a difference.

Godhelp I read last night your whole thread I'm inspired but also shattered to pieces, I couldn't sleep for a long time, my whole life is in shambles I doubt it could be fixed, besides from the lust issues which I continue working on, all the other family and children stuff is in turmoil, I guess I have to take small steps and tricks I pick up on this site to work with I hope for some light at the end of the tunnel, enough for now will return again.

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Re: Newcomer

Posted by Pidaini - 07 Oct 2014 23:05

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It seems like there is a lot that you haven't told us. It is impossible for us to share our similar experiences with you if we don't what your experience is.

Don't be a stranger, tell us what's going on!!

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Re: Newcomer

Posted by belmont4175 - 08 Oct 2014 00:29

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How about this?

Question: now as i have reached this amazing site what do i do with my cellphone if i lock it in all i will have only very limited access (at work not very wise), or keep browser on cell? do i take this as a message from above that as i was anyways not getting better i need the chizuk from you guys here at GYE and stay connected, or close up shop and the support is only the Yetzer telling me to keep it open? Hard decision! need clarity! looking for some filter solutions!

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Re: Newcomer

Posted by gibbor120 - 08 Oct 2014 00:39

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Figure out what you "really" need. It may be less than you think. Work on yourself. There is no filter that can stop someone who is determined. If the phone is locked, there is always another phone, someone in the street..., the "opportunities" are endless. Really, the phone is just step 1. It will not solve the entire problem.

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Re: Dilema (changed)

Posted by godhelp - 08 Oct 2014 05:09

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I personally sobnot have a filter on my phone, but on my PC I do I see for myself I do not need it on my phone but if I would R"L fall I would filter my phone through tag.

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Re: Dilema (changed)

Posted by dms1234 - 08 Oct 2014 05:58

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WELCOME!!!!!!!

I think you will be able to limit internet access while still having the access you need. Go to [venishmartem.com](http://venishmartem.com).

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: Newcomer

Posted by cordnoy - 30 Dec 2014 00:06

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[belmont4175 wrote:](#)

First guys thanks for the warm welcome it does make a difference.

Godhelp I read last night your whole thread I'm inspired but also shattered to pieces, I couldn't sleep for a long time, my whole life is in shambles I doubt it could be fixed, besides from the lust issues which I continue working on, all the other family and children stuff is in turmoil, I guess I have to take small steps and tricks I pick up on this site to work with I hope for some light at the end of the tunnel, enough for now will return again.

so, after stumblin' onto this site, you have hit the magic number....no?

How does it feel?

Yes, we know, some people don't like or hold of this 90 day thingy (and dependin' how it's used, myself included), but hey, you did it! so bask in the glory today!

what you gonna do tomorrow?

How will you celebrate this evenin'?

Tell us what were your 2 most important thin's you did different.

We know we will get a dose of God, emunah, yiras shamayim, attachment, bond and all that other good stuff, so don't keep it a secret chap.

Thanks so much

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Re: Dilema (changed)

Posted by serenity - 30 Dec 2014 00:42

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Keep up the good work Belmont! So, how'd you do it?

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Re: Newcomer

Posted by belmont4175 - 30 Dec 2014 22:14

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Just updated the 90-day chart!

Thanks Cordnoy & others for congratulating me.

Yes it did actually happen, it was between R"H and Y"K, I had fallen, that's when Hashem's divine Hasgacha led me to this site for the first time, I then called it "stumbled" but we actually believe in Hashgacha, so I then and there signed up and started to climb the ladder, I had previously only once managed to climb up to 100 days, however it was a constant struggle because I was alone in it and didn't have with whom to share the ups and downs. Going back to YK I did really try to do Teshuvah and Hashem with his ultimate mercy and kindness gave me a chance to prove my seriousness of this matter.

NEVER have I had such a serene time in regards to this Nisayon, more to say the times in-between when man and his wife can be intimate has NEVER been so calm as the last 3 months BH. However I did not put much emphasis on the counting, but it does give some incentive to see the ladder climbing.

I directly attribute this to the fact that I am working on the "NO-LUSTING even in the bedroom" issue, and of-course Shmiras Einayim at ALL times, also with the bad thoughts to "change the thought" and all is only with Hashem's ultimate power and mercy.

So my first and greatest thanks to **HASHEM** for allowing me to see his light and mercy upon me and giving me the will to work and overcome the tests that we have brought upon our self, and to realize that I am nothing and to be able to surrender all to him.

Much gratitude to this special site GYE, its unbelievable what you have done to me and so many others, I have learned very much here, and mainly I have come out of hiding and loneliness, I have found a community of special people, yes each one a special gem with so much love and care for another Yid and being so non-judgemental.

I have made new friends on the threads and on PM and email, I will IYH continue to be on the site and try to contribute whatever I can, and continue to read and post, to benefit from the great people here.

Thank you Kedusha, Gevurah, Gibor, Skeptical, Shmeichel and all of the great here, **special thanks to my dear friends C and D from the A & A team, for being there for me at ALL times you mean so much in my life.**

May it be his will that all of us here and the people struggling, should gain his ultimate mercy and kindness ?????? ?????? ?????, and we should bring closer the ultimate redemption BBA.

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