

hope all is well by all my fellow gye brotther.

Posted by nabill - 15 Oct 2014 06:53

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Oy vey so I'm bak here saying the usall. I can't go to sleep with out doing it. Ok let me rephrase it's so hard for me to. Nowadays.i van get through day but i cannot ly in bed and not do it. I try watching a movie. Read. And pray... but every single night for the last nmbor of years the same thing happens. I've been suggested sa from my fellow gye boys but it's difficult and i dont have a car not a excuse but i also feel weird going i just really don't want to ever do it again like really. I swear so much every day to hashem never again but the same results daily. Try something different like wat?????? Realistically. Do I say screw it. Quit my job. Throw out my phone and move in to a synogoga ? O don't know

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Re: hope all is well by all my fellow gye brotther.

Posted by John Watson - 15 Oct 2014 11:14

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[nabill wrote:](#)

I've been suggested sa from my fellow gye boys ..... i also feel weird going.

I swear so much every day to hashem never again but the same results daily. Try something different like wat??????

I think you answered your own question.

Yes, it does feels weird to do something new. Are you prepared to feel weird for a short while in order to stop acting out for a long while?

It's a funny thing about SA. People are so desperate not to go. They'll be prepared to try all sorts of things, like quitting their job and moving into a synagogue, but not SA. Not the one thing that has a proven record of success.

I know a guy who was so desperate to stop acting out he locked his member in a chastity belt but when I suggested SA he said "I don't need SA, I'm not insane. I'm fully in control!"

Oh you are? Where's the key to your chastity belt?

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