

hi

Posted by fighter26 - 09 Nov 2014 06:19

hi my name is fighter26 just came on to the site there are tears in my eyes as i right i cant believe im finally here i dont really have other than lately ive been slipping very much i wish i could stop but recently i almost gave up. thats the reason why im reaching out i always thought i can help myself or i lied to myself that it wasnt such a big problem that it is. but now im here so i hope to be here for always i just want to thank the gye community as a whole just knowing that i can have a place to talk has already made me feel different about this whole lust thing. im crying now and i want to thank each and every one of you for being there for another yid. i hope that i can truly become part of the community and really start living that i have always to. at this stage in my life ive really hit the lowest bh i hope from here on it will only be up hill.

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Re: hi

Posted by cordnoy - 09 Nov 2014 07:07

Welcome,

You have taken a huge step.

Let us know what seems to be your issues and many here will try to help.

b'hatzlachah

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Re: hi

Posted by shomer bro - 09 Nov 2014 07:47

Welcome! You've taken a big step by reaching out. Tell us more about your situation and what you're going through. Keep on posting

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Re: hi

Posted by Kedusha - 09 Nov 2014 07:49

Welcome!

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Re: hi

Posted by dms1234 - 09 Nov 2014 08:05

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

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

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Re: hi

Posted by Bigmoish - 09 Nov 2014 09:08

Welcome!

We're listening to whatever you feel comfortable sharing.

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Re: hi

Posted by pischoshelmachat - 10 Nov 2014 00:46

Welcome R' Fighter,

You came to the right place and we are all crying with you. We all identify with the excruciating pain of helplessness in our struggle with lust. You came to the right place. The first thing I would share is that you will soon redefine your name fighter. Fighter, to me carries a very heavy weight

and responsibility to fight off the YH. I know that I cannot fight the Y"H, he always wins. Here on GYE, my wonderful friends have taught me how to give up fighting by surrendering my lust to HKB"H. Now I don't fight anymore, I circumvent and avoid battles that I know I will always lose.

I was forced to admit that in fighting with the Y"H, I am a loser. I have to be humble and hide behind Tatti HKB"H who helps me if I let him.

Welcome, we all feel with you and want to help you as you also help us!

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Re: hi

Posted by godhelp - 10 Nov 2014 01:08

Welcome

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Re: hi

Posted by gibbor120 - 10 Nov 2014 21:51

WELCOME fighter! You have come to the right place. We are all in the same boat more or less and we understand your pain. Make yourself comfortable here. You are among friends that understand you, and what you are going through.

You might want to read the handbook (i have a link in my signature) to get started. Keep posting. You are on your way to a better life. Many have been where you are right now, and are living happy, sober lives today.

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Re: hi

Posted by fighter26 - 19 Nov 2014 19:37

thanks guys for all the great responses i reread them tons of times.

ive been struggling with lust since im like twelve that was when it started and its been getting

worse ever since. back then i didnt really have a real perspective of what was going on

when i was like 13 a year i realized how assur it was to masturbate so i stopped cold turkey for like 6 months but when i fell i thought my life was over. to make a long story short every time i would cry walk around with tons of guilt on my head all my years as a teen and then i saw my first bit of porn when i was like eighteen maybe older i dont remember anymore. i didnt watch for a long time after that. slowly but surely my life with lust by my side went down hill i eventually i kind of gave up in a way. i see now that i was just powerless against this monster. i couldnt fight it and slowly it just became a part of my life. then i like three years ago i started looking at sexual pics and then vids. recently it turned in to almost once a weed i realized if i didnt do something my life would be over as i knew so i called gye. one thing led to another now im here im not sure if i should get a sponsor or what exactly i should do just wanted to thank you all for welcoming i hope i can stop and be sober

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Re: hi

Posted by gibbor120 - 19 Nov 2014 23:35

We're here to share. You can share, ask questions. You can find a phone conference. There is so much to read and learn. Keep posting. We're here for you!

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Re: hi

Posted by Metal King - 20 Nov 2014 07:58

[fighter26 wrote:](#)

im not sure if i should get a sponsor or what exactly i should do just wanted to thank you all for welcoming i hope i can stop and be sober

Welcome! For me, when I got here I couldn't, nay wouldn't open my mind to listen to the precious advice people posted to me until I realized that their struggles really were mine. It cost me a hard fall. To that end, going to the first pages of people's individual threads in this thread "Introduce Yourself", read their stories and confirm for yourself just how alike you and all of us really are. How we all really have the same allergy to Lust and Sex, how we all need to fix our addictive thinking process, how we all eventually came to rely on the SA program and the 12

steps.

That just might help convince you to give up trying on your own and start working a proven system with a great group of guys who only want to see you free from this addiction. and as always, ask away!

All the best,

MK

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Re: hi

Posted by serenity - 20 Nov 2014 09:36

Welcome, Thank you for your honest share! Hatzlacha!

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Re: hi

Posted by cordnoy - 20 Nov 2014 11:36

Hi fighter again,

don't get too hung up on what to do, and what not to do.

Take it slow and you will figure out what speaks to you.

Keep in mind, however, that somethin' different than the past must be done.

b'hatzlachah

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Re: hi

Posted by Metal King - 20 Nov 2014 18:45

[cordnoy wrote:](#)

Keep in mind, however, that somethin' different than the past must be done.

That was a brilliant and simple way of understanding the message of the saying:

Insanity is trying the same thing over and over expecting different results.

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