

Glad to be here

Posted by serenity - 17 Nov 2014 09:37

I am glad to be here. I have been hesitant to write an introduction share, because I really didn't know what I wanted to write (and I still don't). I have a hard time writing or saying anything, unless I think it will somehow be impressive or show off my deep insight into matters, LOL. I'm glad that I have at least reached a point where I can laugh at myself. I was at the store a couple weeks ago and after I finished shopping I opened the hatch door on my minivan to load up my stuff and ended up sitting down on my bumper and just laughing at myself. I had met this young man at AA meetings, who in addition to being an addict was dealing with obvious mental issues. His behaviors were often inappropriate to the setting. He was fidgeting, talking out, commenting during shares etc. (He started hitting piano keys in a meeting.) Every time he did or said anything it was extremely funny because it was so ridiculous. It was obvious he couldn't control himself and I wasn't laughing at him to make fun, it was just so ridiculous. I started to realize that I am just as ridiculous as this kid. I was for the first time in my life able to step outside of myself and just look at my condition. Just as this young man's condition was no laughing matter, neither is mine and yet somehow I think I was having a break through at that moment. I felt that if I could make it through that day, I could make it through any day.

An observation I have made about myself, since I have been here, is that a check mark on the 90 chart is a more effective deterrent or incentive to me than the other extremely severe consequences my addiction can lead to. This is often the way of the compulsive addictive mind. Completely ridiculous.

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Re: Glad to be here

Posted by Shlomo24 - 23 Oct 2015 02:43

[serenity wrote:](#)

"Expectations are the construction of resentment" From the night call, Yehuda.

and the mother of frustration

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Re: Glad to be here

Posted by cordnoy - 23 Oct 2015 16:36

[9494 wrote:](#)

Or as one of the members here used to have in his signature (I believe it was either DMS1234 or Tehillim Zugger)

"The reason that Im actng like a pregnant women is that I am expecting - I should be accepting!"

it's TZ's line (I believe), but others have in their signature.

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Re: Glad to be here

Posted by serenity - 26 Oct 2015 02:28

Just a reminder to self that sharing helps when I can give over my experience, hope and strength. That giving advice to people may not be helpful and may be detrimental. In the words of GYE:

"It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful."

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Re: Glad to be here

Posted by Shlomo24 - 26 Oct 2015 18:57

[serenity wrote:](#)

Just a reminder to self that sharing helps when I can give over my experience, hope and strength. That giving advice to people may not be helpful and may be detrimental. In the words of GYE:

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so true

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Re: Glad to be here
Posted by serenity - 04 Nov 2015 03:24

Anyone want to shmooze?

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Re: Glad to be here
Posted by serenity - 09 Nov 2015 22:47

A married guy grabbed a girl and kissed her and it was caught on video tape for all the world to see. He was probably on here the day before saying how he can't go to an SA meeting because he doesn't want anyone to know his secret.

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Re: Glad to be here
Posted by Shlomo24 - 10 Nov 2015 00:38

schmoozing through the forum is like eating soup with chopsticks: undeniably frustrating.

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Re: Glad to be here

Posted by yitzack613 - 10 Nov 2015 01:23

I am so glad that I found this site. I come here looking for help, pornography has ruined my life , has taken my life ,job, career . I started when I purchased my first computer and I found out how easily it was to find pornographt on the internet.I would spend hours on the computer till wee hours of the morning. It was common for me to ignore family time time with my children I was addicted to porn, but it did not end there , I found file sharing sited and than started downloading child porn, Iwas spiraling out of control. Untill one morning there was a knock at the door and it was federal agents with a search warrent. that that exact moment my life changed for good. I was arrested 3 weeks later charged with possession of child porn. I spent the next 2 years in federal prison/

I lost my career as a adjunct professor of Respiratory Therapy and a full time position in a large hospital taking care of life support machined when patints came out of surgery.

my license to practice medicine was revoked. Now I am lucky to either get a dishwashing or cooking job somewhere. I am on probation for the next 12 years.

I thank Hashem every day that I have my wife and children that stuck with me through all this there support never wavered.

pornography in any form is dangerous .\I still struggle , and I am sure that I am on the right track here and I can get some of the guidance I need

yitzack

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Re: Glad to be here

Posted by Dov - 10 Nov 2015 04:26

OMG, there is so much good hope for you, Yitzack. Great hearing the truth about yourself so plainly laid out and without judgement or shame. Boruch Hashem. You will certainly find friends here and wherever you go for recovery.

I didn't get clear on whether you are still in now (i doubt the federale's allow internet), or out - and if ur out, since when was that, please? Just for context.

I want to remind you that GYE is not like a live SA meeting. A live meeting is far safer, fr even though you are there without a bag on your head and a username here is essentially a bag-covered head - still, curiosity-seekers generally stop at actually walking in themselves to a live meeting of pervs like me. Not so here on GYE...

GYE's forum is completely open to the public, where ANYBODY will see your post whether they are GYE members or not. 'Anybody' definitely includes unscrupulous people, trawlers for dirt, etc. For this reason, I'd never give any more possible identifying info here on GYE than just my name. So please friend, be careful with any more detail (you've got plenty there already, if you ask me).

Finally, after all that, do you feel free of lust compulsions since your incarceration? Has it changed since your release?

Thanks again, and continued success for you and your obviously very special, sweet family.

Dov

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Re: Glad to be here

Posted by serenity - 10 Nov 2015 08:52

[Shlomo24 wrote:](#)

schmoozing through the forum is like eating soup with chopsticks: undeniably frustrating.

On the phone

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Re: Glad to be here

Posted by serenity - 10 Nov 2015 08:56

yitzchak613, that was a very powerful and emotional share. Ditto to what Dov said. Pls feel free to email me.

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Re: Glad to be here

Posted by gibbor120 - 10 Nov 2015 18:17

Hi yitzack613 and Welcome,

I have no words, other than we are happy to have you with us. I'm sure we can learn a lot from you. Please keep sharing.

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Re: Glad to be here

Posted by yiraishamaim - 10 Nov 2015 20:18

[serenity wrote:](#)

Just a reminder to self that sharing helps when I can give over my experience, hope and strength. That giving advice to people may not be helpful and may be detrimental. In the words of GYE:

"It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful."

serenity if you press on index you will see this:

One of the most powerful tools for breaking addictions is to stay out of isolation. The GYE forum is anonymous platform of group support, and a life-line of chizuk and support for hundreds of people in exactly your situation. See what others are doing to stay clean. *Get and share advice with our vibrant community.* Post on the forum to get support, tell your story, reach out for help when feeling weak and strengthen each other! You will never be alone in this struggle again.

I have unlined a specific line of the quote. can you make sense of this given what you have just quoted.

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Re: Glad to be here

Posted by yitzack613 - 10 Nov 2015 20:41

I have been home now for 4 years and go to S.O therapy once a week,in addition to that we must submit to polygraphe every 6 months. zOne of the questions on it have you viewed pornography or C P .What we work on mostly is cognitive restructuring redirecting our thoughts.It has helped but I have stumbled along the way but it is getting easier.I hope I can help at last one person here I plan to honest and open because you can't help yurself if you are completely honest with your self.

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