

Newcomer

Posted by Keepclimbing5 - 17 Mar 2015 18:19

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Hi everyone. I just recently came across this incredible site and it's my first time posting. While I don't have the energy or humility to share my story just yet I do plan on doing it in the near future as I've seen so many others including myself gain from reading the testimonials of others. Just reading about people going through what I've been going and growing in ways I've yet to imagine has been incredible... In a nut shell I've been dealing with porn for almost nine years and while I've had my positive streaks I've found myself falling time and time again. I've signed up for the ninety day challenge and I finally feel that I have a concrete goal to strive for... Thank you all for making this website the special place that it is... A beacon of light in a world that's so dark. You are heroes helping heroes and I'm so happy to join

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Re: Newcomer

Posted by cordnoy - 17 Mar 2015 18:25

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Welcome.

Lookin' forward.

b'hatzlachah in recovery

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Re: Newcomer

Posted by gibbor120 - 17 Mar 2015 21:13

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WELCOME! I look forward to hearing your story. You are among friends who understand you. Feel free to open up.

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Re: Newcomer

Posted by shomer bro - 17 Mar 2015 21:35

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Welcome! Opening up in a real and genuine way is a big step on the road towards recovery.  
You can do it! Keep on posting

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Re: Newcomer

Posted by TalmidChaim - 17 Mar 2015 22:51

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Welcome, brother! You're 100% right about this being a beacon of light. And I love the 'heroes helping heroes' part. That's a great way to put it. You'll find everyone here very, very invested in your success, which I am sure you're going to have. Keep us posted, and NEVER feel pressured to share anything you're not ready to open up about. We're here for you when you need us.

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Re: Newcomer

Posted by Keepclimbing5 - 20 Mar 2015 18:37

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Hi everyone:) I was just wondering: I've been on the 90 day program for 14 days now and counting... It feels wonderful to finally be proactive about my matzav... But in addition I've also been feeling quite down for no reason and a little bit anxious as well... My brain feels a little foggy to. Is this a normal thing to be feeling and how long does this usually last? On the upside I've bh haven't had any serious cravings since I began but I just feel so bluch inside... FYI I've been an addict for about seven years now...

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Re: Newcomer

Posted by serenity - 20 Mar 2015 22:06

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Welcome! Sounds normal to me. Just take it one day at a time. We used pornography as a solution to our problems, but we finally realized it was only making things worse for us. However, take away the solution, no matter how faulty it was, the problems are still there. We need to find a new solution to our problems.

Hatzlacha!

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Re: Newcomer

Posted by cordnoy - 22 Mar 2015 02:57

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We are not specialists or therapists.

Many addicts, like myself, have lots goin' on at all times.

it is natural to feel down.

No cravin's!!!?

Why not?

b'hatzlachah

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Re: Newcomer

Posted by dd - 22 Mar 2015 13:17

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Welcome KC!!!

Your attitude sounds really upbeat. Hang in there (here). Wishing you lots of hatzlachah on this road to recovery.

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Re: Newcomer

Posted by ted - 23 Mar 2015 02:38

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That is perfectly normal.

As an addict my drug of choice is my solution when I stop using it then I actually have to deal with real life. but I dont know how to do that without my drug. When we become sober we have a big problem- we need serenity and thats what the program.is for a new design for living to teach us how to live without our drug of choice. (Hope you understand even though its bkitzur)

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Re: Newcomer

Posted by serenity - 23 Mar 2015 02:42

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Re: Newcomer

Posted by Keepclimbing5 - 29 Mar 2015 22:44

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It's been awhile but BH I'm coming up to the three week mark!! I'm embarrassed that I can't recall the last time I've done that... This site is the best thing that's ever happened to me.

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Re: Newcomer

~~I'm here~~  
Posted by cordnoy - 29 Mar 2015 23:34

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embarrassed?

firstly, what for?

secondly, to who?

b'hatzlachah

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Re: Newcomer

Posted by serenity - 30 Mar 2015 01:39

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Thanks for the update.

Hatzlacha!

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