

Hello

Posted by Mendelqwerty - 26 Apr 2015 21:51

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Hi. I'm new here. I did use GYE a few years ago but it's had serious investment and looking great!

So, I'm married nearly 7 years with 3 children. I always thought that I would grow out of this. That once I'd been frum for a few years it would stop. Then it was once I'd been married. Now I just can't believe I'm still going through this.

My main struggle is memories from my previous life. Anyone else have this? my imagination goes mad every night. Sometimes I can halt it for a few days but then you have a difficult day, you're tired and it's just like a drug.

Looking forward to being part of the community.

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Re: Hello

Posted by serenity - 26 Apr 2015 22:55

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Welcome home! Stick around and keep posting! Try the phone conferences out, if you'd like to.

Hatzlacha!

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Re: Hello

Posted by pischoshelmachat - 27 Apr 2015 00:18

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Welcome dear friend,

We are all seeking freedom from the shackles of this disease. May we all be helped by the rbs"o

together.

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Re: Hello

Posted by gye1962 - 27 Apr 2015 15:30

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hi

please dont lose patience and keep going forward i am sure its worth it in the end.

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Re: Hello

Posted by cordnoy - 27 Apr 2015 15:38

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Welcome,

the past haunts us, and the future scares the hell out of me!

What to do?

I'll give you and myself a hint:

the past haunts us, and the future scares the hell out of me!

**Warning: Spoiler!**

b'hatzlachah

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Re: Hello

Posted by Pidaini - 27 Apr 2015 18:11

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Welcome Mendelqwerty!!

Although it is much easier written than done.

I think we are all triggered by different things, and the past is certainly a common one.

What do you mean by memories? Are they good memories that you want to revisit? or are they memories that you'd rather forget, but they come back to haunt you?

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Re: Hello

Posted by Mendelqwerty - 27 Apr 2015 20:19

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Cordnuy has a point!!  
Thank you for all the contact.

The memories are experiences that I had before I became frum. I would much rather forget them! But the stories go round and round in my imagination of what I did.

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Re: Hello

Posted by gibbor120 - 27 Apr 2015 21:23

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WELCOME! You are looking to solve a specific problem. Many of us have found that the specifics of the problem are not that important. We all suffer from some level of addiction to lust. The methods of recovery remain the same. Try the handbook, see what works. Keep posting and sharing!

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