

Hi I'm new.

Posted by AdamInNJ - 18 Jun 2015 14:40

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Hi. I'm new here.

I am really struggling. I am married, with 1 child. My wife doesn't know about my addiction but it still hurts my relationship. And my job is really hard. I can't concentrate on what I'm suppose to do because I'm busy on my phone. And busy watching no one should see what I'm looking at.

I really hope I will be helped here.

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Re: Hi I'm new.

Posted by jack - 18 Jun 2015 15:14

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all you need is the desire to heal.everyone here will help pull you up.you can't do it alone.and thanks to GYE, you are no longer alone.the group support here is PHENOminal. in my mind, it is THE most powerful tool in recovery.

jack

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Re: Hi I'm new.

Posted by SIB101854 - 18 Jun 2015 15:20

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I also have a very tough and demanding boss and used to crawl down the twin rabbit holes of porn and masturbation on a bad day. When my Eshes Chayil confronted me, I sought help from a great therapist and joined GYE. I realized that my marriage, children, grandchildren and friends are what count-even on a miserable day at work which can begin with an awful commute. I think that setting up an order or seder of what you do from when you get up to when you go to sleep helps a lot as well being able to avoid triggers such as the "less is more" mode of female attire, finding alternatives like walking and working out one day or night a week.

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Re: Hi I'm new.

Posted by iwannabeholy2015 - 18 Jun 2015 18:34

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Your in the right Place!!!!

Do the 90 day chart for me it has been great but be prepared for real commitment!

Haztlacha were behind you all the way.

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Re: Hi I'm new.

Posted by gibbor120 - 18 Jun 2015 19:20

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WELCOME! You have come to the right place. Read the handbook. Check out some of the links in my signature. Keep posting. Your story is very common here. Many are recovering, you can too!

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Re: Hi I'm new.

Posted by cordnoy - 18 Jun 2015 21:08

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Welcome

This is the place where recovery happens. ...each in their own way and at their own speed.

some ride tricycles, others zoom with motor bikes.

Some sit in a tank and others drive trucks.

Some soar with the eagles and others battle the jungle.

There is only one vehicle that is not allowed on this site, and that is. ....

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Re: Hi I'm new.

Posted by cordnoy - 18 Jun 2015 21:11

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**Warning: Spoiler!**

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Re: Hi I'm new.

Posted by cordnoy - 18 Jun 2015 23:02

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Ridin' "alone" is what I was referrin' to.

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Re: Hi I'm new.

Posted by torahis620 - 20 Jun 2015 23:21

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hi im a frum guy studying in yeshiva who got involved with a frum girl

bh i only was involved with her for two weeks and since we were both frum we didnt meet much because we had to find a place to meet etc then with a friends help and plenty of pushing i decided to break up but now im still struggling with masturbation. i got rid of my smartphone and only have access to the internet now from a very srtictly filtered computer so bh i dont have the urge to want to watch porn.

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Re: Hi I'm new.

Posted by torahis620 - 20 Jun 2015 23:25

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i would appreciate to hear from people in a similar situation

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Re: Hi I'm new.

Posted by torahis620 - 20 Jun 2015 23:27

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...or anyone that wants to give me chizuk

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Re: Hi I'm new.

Posted by Bigmoish - 21 Jun 2015 02:13

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Welcome! We all want to give you chizuk. Why don't you start your own thread, for starters?

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Re: Hi I'm new.

Posted by torahis620 - 21 Jun 2015 02:18

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There are so many of them. Didn't I post in a thread that said "hi I'm new"?

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Re: Hi I'm new.

Posted by Bigmoish - 21 Jun 2015 02:22

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Yes, but it seems that adaminnj started this particular one. Most people who plan in sticking around start their own thread to share, give chizuk, receive chizuk, etc.

Hatzlocha

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Re: Hi I'm new.

Posted by serenity - 21 Jun 2015 02:41

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Welcome AdaminNJ! Keep posting and spend some time here!

Hatzlacha!

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