

introducing myself properly

Posted by moshe25 - 24 Jun 2015 00:49

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Dear fellow gye members.

Although I was already connected to this site a while ago I never fully introduced myself.

So the story with me goes as follows

I have struggled with masturbation from very young. And later on looking at magazines that arrived in the mail and not much more than that.

Until only later after marriage i was introduced fir the first time to use the internet my heart couldn't rest till i had the opportunity to look up inappropriately material. Which i only did for a handful or more times. Here and there. So I can't say im so addicted. Bh currently I don't have personal access to the internet. But I do feel the minute I have im going to run to it.

So I had now to really join the

Program .

With love,

Moshe25

Sorry if my forum is not so clear I wrote it from a slow cell phone.

program

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Re: introducing myself properly  
Posted by serenity - 24 Jun 2015 01:00

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Welcome to the forum! Sounds like you're getting honest and doing the right thing!

Hatzlacha!

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Re: introducing myself properly  
Posted by yiraishamaim - 24 Jun 2015 01:04

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[moshe25 wrote:](#)

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So I had now to really join the Program .

Addicted? who knows? its hard to know just how make such a diagnosis. However, "my heart

couldn't rest till i had the opportunity to look up inappropriately material"

and "currently I don't have personal access to the internet. But I do feel the minute I have im going to run to it."

Houston we got a problem.

You have done a smart and prudent thing to come onto the forum(again) and not let this "way" get even more ingrained in you.

Welcome and Hatzlocho Raboh.

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Re: introducing myself properly  
Posted by Yudi - 24 Jun 2015 06:14

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Welcome **Moshe25**,

May I suggest looking into the TaPHSIC Method? It is found under Tools, and give you the fences you need to keep you strong.

Hatzlacha!

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Re: introducing myself properly  
Posted by cordnoy - 24 Jun 2015 15:59

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Welcome again,

Do you have anyone to speak with in real time?

It's easier before it becomes a problem.

b'hatzlachah

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Re: introducing myself properly

Posted by gibbor120 - 24 Jun 2015 16:06

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Definitely make fences and do everything you can to make sure it doesn't become a bigger problem. Once addicted, it becomes MUCH harder.

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Re: introducing myself properly

Posted by cordnoy - 01 Jul 2015 16:19

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Postin' somewhat regularly will also help.

b'hatzlachah to you

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