

My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 03 Jul 2015 19:06

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I'm deep and in the ????... I'm addicted to porn, masturbation and who knows what.

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Re: My path to sanity... chevrah, help me with the way

Posted by serenity - 07 Jul 2015 03:17

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Phone calls are like gold to me. Phone calls have saved me from acting out many times. I make calls every day whether or not I'm feeling lusty. The calls are not only to people in the program, but to family members and friends as well. Sometimes the phone calls to muggles are the most helpful.

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Re: My path to sanity... chevrah, help me with the way

Posted by Pidaini - 07 Jul 2015 12:20

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I must say the same for me. Phone calls are an absolute foundation for me. Even when I wasn't doing well, it was restarting the phone calls that got me started again, and they continuously help me go the next step.

In my humble opinion, it seems that you may be looking for the magic pill that I have been looking for for some time now. The magic pill that will stop me from *desiring* lust in the first place.

Bad news, my friend, I haven't found it yet, and I haven't heard of anyone that has.

The good news is, I can be sober and happy even if I sometimes do have desires!!! Of course, minimizing them is important and worth every bit of effort, but just because I desire doesn't mean that I have to fulfill that desire!!

The battle that I fight within is very different than the one I think you are referring to. I do not fight a battle against desire, I fight a battle against the need to *fulfill* desire!!

Surrender, my friend, we are not in charge, we just need to do what is right with whatever we are given!!

KOP brother, and sign up for the private chat, you'll be able to get to know guys much better that way, and will feel comfortable emailing and calling them!!

KOMT!!

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 07 Jul 2015 16:41

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[ZDuvid wrote:](#)

So what do I do next

You have already started. You have a lot of good comments from the chevra already. Recovery is not a piece of furniture from Ikea complete with step-by-step assembly instructions. Be patient. Read the handbook. Try some of the tools. We can provide encouragement, and "some" guidance, but YOU have to live your life. There is no instruction manual.

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Re: I'm new to GYE and I'm old in...  
Posted by abd297 - 09 Jul 2015 17:57

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I also started innocently at a young age. I can relate to the confusion about how and why it started. For now I'm putting it aside and trying to connect with people and get help. Along the way I may go back to the old questions but I don't think it's important now. Keep it up. KOP

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 23 Jul 2015 19:55

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Hey!! How's everyone? Hope you are having a great day so far.

Let me begin by saying thank you to all Tzadikim on this group for helping me out on my journey, especially someone, who is probably going to read this...he gave me his time on the phone and chat. I really appreciate it!

Now BH I'm clean for almost three weeks now and hopefully I will be able to continue.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Sep 2015 20:04

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**UPDATE:** Im clean BH now 70 days! wow! im so proud of myself.

I still have a problem with chatting with girls and I do it not to get off because that's off limits but I feel some kind of attention when a girl likes me and i make her feel good with kind words. I feel like a inner magnet is pulling me

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 10 Sep 2015 20:25

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[ZDuvid wrote:](#)

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Great news, but I kinda wonder what that 'inner magnet' might be.....

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Re: My path to sanity... chevrah, help me with the way  
Posted by Blind Beggar - 10 Sep 2015 20:29

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70 days is awesome!

I see from the chart that this is your first streak on the chart. I think I managed to be clean for 70 days twice before I found GYE. I started when I was too young to know what a girl was.

Hatzlocho!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Sep 2015 20:36

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I know what it is... we all know

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Sep 2015 20:36

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[cordnoy wrote:](#)

[ZDuvid wrote:](#)

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Great news, but I kinda wonder what that 'inner magnet' might be.....  
I know what it is... we all know

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Sep 2015 20:38

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[Blind Beggar wrote:](#)

70 days is awesome!

I see from the chart that this is your first streak on the chart. I think I managed to be clean for 70 days twice before I found GYE. I started when I was too young to know what a girl was.

Hatzlocho!  
I started actually when i was 8 and i was addicted!!!

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Re: My path to sanity... chevrah, help me with the way  
Posted by serenity - 11 Sep 2015 00:09

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Mazel Tov, Duvid!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 11 Sep 2015 02:30

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[serenity wrote:](#)

Mazel Tov, Duvid!

I really appreciate all you Chevrah's feed back. I love you all and I feel that the guys on this groups are truly Tzadikim one hundred percent.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ShmaYisroel - 11 Sep 2015 07:09

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BS"D

Dear Reb Duvid,

You are mamish a gibbor! I find it so remarkable every time I read about people making such a long time. Hashem Yaazor that it will get longer and longer ad meah weEsrin BS"D.

Me for once, I really wanted to get to ninety before Rosh Hashannah. But.... Well, even as fresh as this morning I acted out in the worst way MZ"L R"L. I feel soooo low. Three days before Rosh Hashannah and still deep, deep into the Shmutz. I really wonder how as a Kodesh Elyon I will be standing in shul in three days and shout HaMELECH!!

It is such a desparation. Not knowing where to turn and what to do anymore.

Yes yes, I know that Hakodesh Boruch Hu loves the biggest Rasha more then we are capable of loving bichlal. Nevertheless it remains Yom HaDin.

Three days can I shape up and somehow not fool myself and really go to the coronation of the Melech?? The future will proof it.

May Hashem Yisborach give us all a Kesivah weChasimah Toivah

Shmayisroel

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