

I'm done lurking!

Posted by mattlanta - 08 Jul 2015 23:29

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Whew! Here goes!

I've been associated with GYE on the website for several years. In that time, I've had many good days, but even more bad weeks and months. I've been sitting on the sidelines of the forum because I was convinced I could self-manage and I didn't need something akin to group therapy for lust addiction. I've come to the determination that I've been naïve. I can't control my actions because I can't control my thoughts. Also, I've been afraid to seek help in my community for fear of losing my job. I feel I can't open up to my non-Jewish therapist because he wouldn't understand either. I feel alone. I realize I'm rambling and carrying on, but I need help. I need to connect with other frum Yidden who know what it's like to struggle as hard as I have and to know that there is hope. Anyways, I'm Mattlanta and I'm looking forward to hearing from anyone out there with advice and encouragement.

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Re: I'm done lurking!

Posted by cordnoy - 09 Jul 2015 13:47

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[mattlanta wrote:](#)

I'm not sure what you mean exactly by excuse thinking. If I understand correctly that it is a type of self-defeating fortune telling, I may do some of that on some level. I think my biggest obstacle to recovery is fear of ostracism. That fear has kept (and will continue to keep) me from seeking effective help. If I'm honest with myself, accountability software is probably more effective for me than filters, but I don't want to have to face an accountability partner (which is obviously why this would work better for me than filters have). The biggest reason I haven't used WebChaver or something like that is because I don't feel like there is a person I could trust to receive my internet reports. I work in my community and would not want to risk losing my job, chavrusa, etc.

Those words are too advanced for a southerner, but it does sound like somethin' I was suggestin'.

Take care

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Re: I'm done lurking!

Posted by mattlanta - 09 Jul 2015 16:21

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I just realized that my 90th day (if I am clean from now, please!!! G-d!) will be Hoshanoh Raboh. I've never made it past 21 days, so I don't want to overpsych myself up, but if I can make it, what a kaparah that could be!

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Re: I'm done lurking!

Posted by Bigmoish - 09 Jul 2015 17:31

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And your 4th day will be 22 Tammuz! Is there anything more beautiful than that?

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Re: I'm done lurking!

Posted by abd297 - 09 Jul 2015 17:40

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I have also found that the anonymity makes for an easy way to just let it all loose and come clean. I have found myself typing on and on about my struggles just because I can and have never been able to before. It's a great feeling to be free. Hope it all works out for you. KOP

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Re: I'm done lurking!

Posted by cordnoy - 09 Jul 2015 17:50

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[abd297 wrote:](#)

I have also found that the anonymity makes for an easy way to just let it all loose and come clean. I have found myself typing on and on about my struggles just because I can and have

never been able to before. It's a great feeling to be free. Hope it all works out for you. KOP

that is good

and i have found that after I let people know who I am and others did the same, the sharin' became valued at a much higher level and degree; and ya' know somethin'? we became pretty damn good friends as well!

b'hatzlachah

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Re: I'm done lurking!

Posted by neshamaincharge - 09 Jul 2015 18:12

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[Bigmoish wrote:](#)

And your 4th day will be 22 Tammuz! Is there anything more beautiful than that?

Awesome!!!

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Re: I'm done lurking!

Posted by gibbor120 - 09 Jul 2015 18:18

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I'm late to the party. MAZAL TOV for opening up! You have come to some very important realizations. You are not alone, not by a longshot. Keep sharing and do whatever it takes to get better. Don't worry too much about understanding. Just follow what ppl before you have done to successfully stay sober. Keep posting and sharing!

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Re: I'm done lurking!

Posted by mattlanta - 09 Jul 2015 18:25

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[Bigmoish wrote:](#)

And your 4th day will be 22 Tammuz! Is there anything more beautiful than that?

See! This is why I'm here. You guys are amazing. Thank you all so much for your wishes of hatzlochoh. Thank you also to Bigmoish for a wonderful reminder of the real task at hand.

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Re: I'm done lurking!

Posted by Bigmoish - 09 Jul 2015 19:26

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I find it easier to remind myself when I remind others.

Welcome, by the way.

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Re: I'm done lurking!

Posted by lamplighter - 09 Jul 2015 19:50

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hey!

happy to see that im not alone i was also trusting myself to much and i thought i would be able to handle it myself...

but guess what?

it never worked out!

i also just started using the forums chats etc.

seem to be very helpful especially the fact of being able to express yourself freely

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