

My Teshuvah - I am ready

Posted by RebbiAkiva1 - 05 Nov 2015 06:36

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I feel dizzy. The emotional stress of writing about my secret porn addiction is making me feel dizzy. I know this is one of those things that is reaching deep into my subconscious, but through 5 years of hard work in therapy I can be honest with myself and start writing and joining the GYE groups.

I would like to know where I can start writing a journal to share with the community. Can someone help me with that please?

I want to be like Rebbi Akiva who was Echad in all the areas of his life. He was never someone else when he was in different places or before different people, he was always Echad.

I want to break free.

With HaShem's help, I have become aware that there is very strong connection for me between the abuse I suffered as a child, feeling angry, years of loneliness, a desire for lust and ultimately finding comfort and release from stress in porn.

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Re: My Teshuvah - I am ready

Posted by ColinColin - 05 Nov 2015 08:32

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Good luck, and well done for joining, I am new here myself.

I understand the loneliness and the false high of porn.

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Re: My Teshuvah - I am ready

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Posted by markz - 05 Nov 2015 12:24

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RebbiAkiva1 Welcome!

**Warning: Spoiler!**

[RebbiAkiva1 wrote:](#)

I would like to know where I can start writing a journal to share with the community. Can someone help me with that please?

Akiva, this is the place - go for it fire away, and we hope to learn from you ALOT

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Re: My Teshuvah - I am ready

Posted by lomed - 05 Nov 2015 18:15

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Welcome! you have come to the right place. we all come here anonymously, and try to somewhat open up and discuss our challenges get and give tips. I would suggest you read the handbook. It would be good if you can tell us more about yourself and your struggle.

Hatzlacha

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Re: My Teshuvah - I am ready  
Posted by Chiam - 05 Nov 2015 19:26

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Welcome! A journal is a great idea, and writing one for myself was a big stem to where i am today. Don't know where to put one but i'm sure you can just put it here. I would love to read it and see how I can relate to it (abuse, anger, loneliness, desire for lust. and "comfort" in porn all played a big role in why i am here) and how I can be inspired by R Akiva! Anyone who overcomes this and reaches his unique personal shlamus is considered Moshe Rabeinu or R Akiva in his own right.

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Re: My Teshuvah - I am ready  
Posted by Shlomo24 - 05 Nov 2015 19:31

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Welcome! there are many good, well meaning people on this forum that will feel your pain. i personally do. i have shared many an embarrassing thing on this forum and i never felt judged. hatzlacha raba.

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Re: My Teshuvah - I am ready  
Posted by Here 2 improve - 05 Nov 2015 19:35

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Hi and welcome!

Hatzlocha in your journey.

How did you get to 226 days clean!!

very impressive!

Teach me!

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Re: My Teshuvah - I am ready  
Posted by Bigmoish - 05 Nov 2015 21:43

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Welcome!

[RebbiAkiva1 wrote:](#)

I want to be like Rebbi Akiva who was Echad in all the areas of his life. He was never someone else when he was in different places or before different people, he was always Echad.

Reb Zusha was laying on his deathbed surrounded by his disciples. He was crying and no one could comfort him. One student asked his Rebbe, "Why do you cry? You were almost as wise as Moses and as kind as Abraham." Reb Zusha answered, "When I pass from this world and appear before the Heavenly Tribunal, they won't ask me, 'Zusha, why weren't you as wise as Moses or as kind as Abraham,' rather, they will ask me, 'Zusha, why weren't you Zusha?'"

Check out the links in my signature if you want.

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Re: My Teshuvah - I am ready  
Posted by serenity - 06 Nov 2015 03:20

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Welcome and hatzlacha!

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Re: My Teshuvah - I am ready  
Posted by yiraishamaim - 06 Nov 2015 04:45

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Welcome!

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Re: My Teshuvah - I am ready  
Posted by gibbor120 - 06 Nov 2015 19:01

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WELCOME! You have come to the right place. Start with the handbook. Share with the chevra.  
We know what you are going through.

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