

first day

Posted by a123 - 09 Dec 2015 21:07

---

Hi fond today this website and decided that its time to stop so wish me luck

=====

=====

Re: first day

Posted by cordnoy - 09 Dec 2015 21:15

---

[a123 wrote:](#)

Hi fond today this website and decided that its time to stop so wish me luck

We do.

B'hatzlachah

=====

=====

Re: first day

Posted by Bigmoish - 09 Dec 2015 21:20

---

Welcome. Good Luck.

=====

=====

Re: first day

Posted by gibbor120 - 09 Dec 2015 21:22

---

Welcome and keep posting.

=====

=====

Re: first day

Posted by BenTorah.BaalHabayis - 09 Dec 2015 22:04

---

Welcome! Don't you wish you found this site earlier on? At least I do...

So what's your plan? We love hearing people's thoughts about their struggles and what they might do to overcome them. Everyone learns from everyone here. So keep posting!

=====

=====

Re: first day

Posted by markz - 09 Dec 2015 22:16

---

Welcome!

=====

=====

Re: first day

Posted by a123 - 10 Dec 2015 19:47

---

yes it would of been much better if i would of find this long ago but better late than never!

=====

=====

Re: first day

Posted by markz - 10 Dec 2015 20:11

---

And I don't think you'll necessarily have the answer to BB's second question.

I wasn't able to answer it initially when I joined myself. Take your time, see the GPS in my signature, and there's alot more

All the best

=====  
=====

Re: first day

Posted by a123 - 10 Dec 2015 20:33

---

Im a salesman and about 3-4 times a week when i don't have to much to do i used to go in to p..n websites.

in the last 2-3 month it got much worse when i started looking on sites of were you can have .....

all the time i tried to stop i put on filters on my converter but the ??? ??? made me always to fond a way to puss by the filters

Yesterday some one send me a pitcher on one of the simcha website and found a ling to this website and derided that enough is enough!!!

its day 2 hope to go till 90 with hashems help

=====  
=====

Re: first day

Posted by Bigmoish - 10 Dec 2015 20:35

---

[a123 wrote:](#)

all the time i tried to stop i put on filters on my converter but the ??? ??? made me always to fond a way to puss by the filters

Hatzlocha on your journey!

=====  
=====

Re: first day

Posted by lomed - 10 Dec 2015 20:51

---

Welcome, and indeed you came to the right place.

As you see, the problem progresses with time, if we dont do anything to it. Many here are addicts. others are struggling with sex issues and are here to learn how to deal with it. regardless, here is the right place to learn and get tips advice and much more.

Some suggestions:

1. read the GYE handbook a few times.
2. one day at a time. many of us here have seen big changes when they were able to adopt the one day at a time approach.
3. we need to be determined to do whatever it takes to get clean, sober, and in recovery.
4. keep posting here to help yourself and help others.

keep it strong.

Hatzlacha

=====  
=====

Re: first day

Posted by eslaasos - 10 Dec 2015 23:13

---

Welcome.

I remember often seeing GYE's banners and not really paying it much attention. Then one day Hashem opened my eyes and I saw it as something that is actually very relevant for me. BH for GYE and their marketing team, but the decision that change is needed is a great first step.

Check out the great tools here and see what speaks to you.

Hatzlacha!

=====

Re: first day

Posted by BenTorah.BaalHabayis - 11 Dec 2015 00:54

---

[eslaasos wrote:](#)

Welcome.

I remember often seeing GYE's banners and not really paying it much attention. Then one day Hashem opened my eyes and I saw it as something that is actually very relevant for me. BH for GYE and their marketing team, but the decision that change is needed is a great first step.!

Same here. Seeing the picture of the drowning Yeshiva guy reminded me that were was actually a GYE poster hanging in my shul for a while, but I never gave it a 2nd look because I assumed it was some ad for a filtering service. I actually discovered GYE from the cute comic they had on YWN (I believe it's part of the intro video). Baruch Hashem!

=====

Re: first day

Posted by serenity - 13 Dec 2015 04:31

---

Welcome to GYE! Wishing you much success.

=====

Re: first day

Posted by a123 - 16 Dec 2015 19:13

---

Hi everyone its all ready 7 days clean i so happy.

the thing is also that im so so busy with my work that i didn't have any time..... but i hope that I will be strong even i don't have what to do

=====

=====