

Hello

Posted by IcanandIwillwithHashem - 15 Feb 2016 01:14

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Hello,

Just a quick little about myself. I am a bal teshuvah. I become frum at about 18. And for about a decade I was able to grow in all areas expect personal holiness. I constantly was having successes and failures. I recently, upon reading stories of others who were addicted to these things, I so quickly saw an exact pattern in my life. I realized I am an addict. It is hard to admit yet I want to really change. I was doing well, going into about 40 days since I joined GYE network until I got a new job which required me to have open internet access and I fall so badly, and very often. I finally succeeded in installing some sort of filter and monitor program on the company laptop and phone (my other attempts were not working properly or were ineffective before).

I really signed up for the emails, and got the filter and monitor software setup (it's only been 1 day so I hope the filter and monitor will be working). I read the GYE handbook. It said I should explore the forums. Can someone guide me to where to go or do?

Thank you all

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Re: Hello

Posted by cordnoy - 15 Feb 2016 01:21

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Welcome,

This is the where.

Now, regarding what to do, that is up to you.

B'hatzlachah

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Re: Hello

Posted by IcanandIwillwithHashem - 15 Feb 2016 01:43

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Is there a forum that I should read? Or a thread to read?

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Re: Hello

Posted by BenTorah.BaalHabayis - 15 Feb 2016 02:59

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There's a lot of chizuk to be found here, in different forms. But the forums most directly pertinent to recovery from acting out are the "Break Free" and "90 Day Chart". There's a lot to sift through, but you'll find people sharing insights, personal experiences and inspiration.

If you're married you should also look at the Baalei Batim Forum. The topics there are closely related to general recovery but within the context of marriage.

Hatzlacha!

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Re: Hello

Posted by markz - 15 Feb 2016 04:22

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Welcome

you're CORDially invited to read the current 100 day success stories found in the "Free Towing" page below - I think you'll find many gems, start from the top

i think Dov is a BT and a major success in my opinion - check Gibbor's Dov quotes they're amazing too (also found in the "Free Towing" page)

when you're finished with those come back to me for more

And don't forget to post when you're able too

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Re: Hello

Posted by gibbor120 - 16 Feb 2016 22:02

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WELCOME! Check out the handbook. Keep posting and reading. It can be overwhelming at first, but you will find your way around.

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Re: Hello

Posted by Shlomo24 - 16 Feb 2016 22:47

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Welcome!

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Re: Hello

Posted by IcanandIwillwithHashem - 21 Feb 2016 23:36

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You guys are really nice to take the time out of the thousands of forums to reply to my forum. I really appreciate it. Thank you!

I was thinking of starting the fortify program. Already what does other who have been here longer think?

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Re: Hello

Posted by Workingguy - 22 Feb 2016 01:14

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[IcanandIwillwithHashem wrote on 21 Feb 2016 23:36:](#)

You guys are really nice to take the time out of the thousands of forums to reply to my forum. I really appreciate it. Thank you!

I was thinking of starting the fortify program. Already what does other who have been here longer think?

Why don't you do it and let us know how it goes? It definitely seems interesting. What I seem to see is that if you're ready to find a solution and are open to it, there are many things that work and that might be the thing that works for you.

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Re: Hello

Posted by IcanandIwillwithHashem - 22 Feb 2016 02:14

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Thank you for the advice. I will do it and let you guys know who it is.

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