

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by Watson - 11 Jul 2016 19:56

[gibbor120 wrote on 11 Jul 2016 19:42:](#)

I don't know if everyone is maskim. You may or may not have to open up in order to have success. For now, you are choosing not. If things get worse, you may change your mind. None of us wanted to tell. We were all forced in one way or another. Either by being found out, or by suffering so much that we had no choice, we needed help. Perhaps there are some that told before reaching that point, but I don't think it's common. Keep us posted.

Maskim

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Re: HELP ME

Posted by Fb2016fbt - 09 Aug 2016 15:34

I'm starting to think that maybe I just don't really have strong yiras shamayim and I don't care so much that it's assur bec I read up on addictive behaviors and took tests to see if I'm addicted-I'm sure no one holds of them-but I don't think I'm addicted at all as it wasn't taken control of life in any way, I don't act out when I'm stressed... I guess I just act out bec it's enjoyable and now it's sort of hutra by me since I've done it countless times

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Re: HELP ME

Posted by Markz - 09 Aug 2016 17:09

It may be de'chuya...

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Re: HELP ME

Posted by doingtshuva - 09 Aug 2016 19:21

[Fb2016fbt wrote on 09 Aug 2016 15:34:](#)

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Dear Fb,

It looks like you're having a hard time deciding if you're an addict or not. Whats the whole point?

Lets talk Tachlis.

Do you want to break free? If yes, what are you ready to do for it?

Have you read the Handbook?

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Re: HELP ME

Posted by Fb2016fbt - 10 Aug 2016 16:00

I have read the handbook....

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Re: HELP ME

Posted by Fb2016fbt - 11 Aug 2016 17:44

And yes I would like to break free it's just that I need the will power to actually go ahead and do it

based on many factors I don't feel super compelled to break free, that it when I'm in the sakana- obviously I don't want to do it when I'm not in the nisayon. I've never gotten hit hard from my actions-at least not that I have realized-and I'm still single-not hurting anyone yet...besides myself- and I guess I don't have much yiras shamayim that it's an aveirah which should be enough to stop me. Oh and it doesn't take over my life, it's just when I'm bored, it's obviously enjoyable so I involve myself in these things.

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Re: HELP ME

Posted by doingtshuva - 11 Aug 2016 19:17

[Fb2016fbt wrote on 11 Aug 2016 17:44:](#)

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If you only fall when your bored, then you should keep yourself busy all the time.

Porn and Masturbation are very (very) enjoyable, but the the problem is that "the more we feed it the more we need it" sounds strange?

Besides hurting yourself now, you are hurting your future marriage, wife, children, work, learning, happiness.....

We can't make you stop, it's you, and only you, who has to want, and to decide to change.

It's worth and possible to break free!

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Re: HELP ME

Posted by Dreamer - 11 Aug 2016 19:54

Hello,

I am suffering from porn (addiction?) amongst other
lustful behaviors for about eight years now.

I have never shared my story with anyone (not even with my wife-I'm married). Can someone
guide me as to where I should start and who I can share my experiences with?

I'm new around here (I'm just one day old
Thanks

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Re: HELP ME

Posted by Aryeh821 - 11 Aug 2016 21:07

[Dreamer wrote:](#)

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Thanks

Start your own thread

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Re: HELP ME

Posted by Fb2016fbt - 12 Aug 2016 01:40

Just made a taphsic based on someone's recommendation and I think it's the smartest thing as since I feel like I just act out when I'm bored and bec im just looking for something exciting, now when the nisayon comes up, I'm going to have to face the repercussions if I do indeed act out. So I'm hoping it will help.

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Re: HELP ME

Posted by 360gye - 12 Aug 2016 02:50

Good luck on your Taphsic Fb2016, i know you are able to do it. I have to agree with doingtshuva, if your problem is that you are bored then find an outlet (sports exercise, books, shiurim, etc.) or if you like you could always email me(360@gye.com) and i'll be more than happy to keep you company/occupied during boredom. This offer extends to everyone on GYE.

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Re: HELP ME

Posted by 360gye - 12 Aug 2016 02:52

[Dreamer wrote on 11 Aug 2016 19:54:](#)

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Thanks

I'm new around here (I'm just one day old
Welcome Dreamer,

feel free to start your own thread and discuss your story, or if that's to public you can email me
(360gye@gmail.com) and ill be happy to listen and provide you with support and chizuk.you
may also like to explore the website and see what tools GYE has to offer.

Good luck on your commendable journey,

360gye

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