

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 Shlomo24 - 01 Mar 2016 22:51

[Fb2016fbt wrote on 01 Mar 2016 19:16:](#)

So lamaysa with which steps does the oilam think we're most useful in their recovery? I'm still falling!!!

any specific advise for a bochur?

What kind of advice are you looking for. I am a bochur and maybe my experience will help you...

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Re: HELP ME

Posted by Fb2016fbt - 02 Mar 2016 04:10

I am in the middle of going through the gye book and I have not opened up to a friend bec I'm def not ready for that. I'll be honest, no one wants other people looking at him that he is a porn addict-especially when I'm one of the better guys in my yeshiva. So any advice would help that people think are beneficial for me. I made a taphsic shevua yesterday, so hopefully that will last. Thanks everyone for their previous and future responses. I actually feel like this is chesed shel emes on all of your parts since no one knows who you or myself are....

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Re: HELP ME

Posted by Yesod - 02 Mar 2016 06:23

Dude, you gotta open up to someone. That is the sad truth.

As long as you are keeping it a secret, which it is, you are just an imaginary name to all of us here, the problem can still feed itself. It survives on anonymity.

So, suck it up, and choose a friend, and if you dont have a friend, make one.

Or you can take your chances.

With your best interests in mind

Yesod

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Re: HELP ME

Posted by markz - 02 Mar 2016 11:30

[Fb2016fbt wrote:](#)

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Look - try Taphsic. If it works, let us know

Do you know what went through my mind when you say CHESSED SHEL EMES?

close your eyes.....

(no I didn't say guard your eyes)



Yesod will fill in the BLANKS

And im sorry to say, we don't offer such services

What do you think we are - The Gye Chevra Kadisha brotherhood?????

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Re: HELP ME

Posted by Fb2016fbt - 02 Mar 2016 13:46

Lol I just thought it was a funny comparison. I don't plan on committing suicide....

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Re: HELP ME

Posted by Yesod - 02 Mar 2016 14:49

Welllll, We can make special accommodations for a friend.

Anyways my fellow, hatzlacha rabba, and don't be ashamed, we all struggle with this to an extent, if i can help in any way shoot me (not like that) a PM.

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Re: HELP ME

Posted by Fb2016fbt - 03 Mar 2016 12:59

Alright I finished reading the gye book last night, the question is where do I go from here?

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Re: HELP ME

Posted by Fb2016fbt - 03 Mar 2016 13:09

It happens to be that I'm not that guy who usually needs to ask for a step by step instructions, but lamaysa I've been struggling with this for prob over 10 yrs, so j think I need guidance from experienced and successful guys. Also I'm doing the taphsic program and I fell yesterday and the heavy knasos are not geshmak, so I really don't want to have to do them again

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Re: HELP ME

Posted by cordnoy - 03 Mar 2016 13:20

There were no ideas in the gye book that caught your eye?

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Re: HELP ME

Posted by markz - 03 Mar 2016 13:39

My friend,

I'm with you on cancelling the Taphsic

The handbook may be a little long to take a soundbite out of it

(don't take my word for it - I never read it yet)

It may help your eye to see a summary of the navigation tools, so checkout the GPS in my signature

All the best!!

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Re: HELP ME

Posted by pischoshelmachat - 03 Mar 2016 15:23

When I read the handbook, I was also overwhelmed and didn't know where to begin. I followed the advice of the writer after reading the book the first time I started to review it a second time but much more slowly to try and absorb and digest the impact each idea would have on me. Then after careful consideration, I was able to start graphing my route.

Be happy that you are not at the medical castration stage because, clearly, lo aleinu, some people are. I was able to assess my situation and start some solutions. Once I started down the path that I chose, I started to see other opportunities and changed paths until I reached my current path which Bezras Hashem is finally giving me relief from this disease.

Just keep an open mind to do things you might never have considered. When I started taking measures I never even dreamt of in the past, HKB"H accepted my pischos shel machat as sincere and has protected me from this horrible disease.

I would be happy to speak anonymously with you on the phone or by private email. You can email me privately at pischoshelmachat@gmail.com and I can explain how we can speak in a manner where we will not recognize each other.

May HKB"H grant you clarity and serenity and may you have much hatzlocha wherever you turn!

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Re: HELP ME

Posted by Fb2016fbt - 03 Mar 2016 18:56

I'm going to a chasuna tonight so I'm gonna get hit with nisyonos. I don't want to fall again. I really got scared when I read people's stories which were really crazy and how their families/wives found out or stam were not treated properly. So on one hand that's super scary imagining that to happen to me, but on the other hand, I'm still a bochur-entering shidduchim soon-and no one knows about this side of me besides myself. So I -b"h- haven't had to face the reality of what I've been doing but I know it's gonna hit sooner or later, so I do need to take care of my problems. Also stam I know my avoidas HaShem will improve if I get this turned around. My learning seems great but my davening, especially after a fall, really shvachens up.

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Re: HELP ME

Posted by markz - 03 Mar 2016 19:16

Guys we just found out who's invited to guard's sons wedding

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Re: HELP ME

Posted by Gevura Shebyesod - 03 Mar 2016 19:19

That was last night.

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