

Hi All first time in my life sharing my problems  
Posted by Dave Goldblat - 08 Mar 2016 16:18

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Hi All

I am a 35 year old I have been struggling since I was 14 year old and not spoke or told any one, I am married now with 4 children and am a respected community member and no one knows my struggles are and the aviries I do, It starts with phone sex and then can go to pick up prostitutes on the street in my car, I want to be good and can be clear for a few months in ago then get on again, I was off now for over a year but yesterday I failed again and I was reaching online for some help and just found out yesterday about this forum and hope someone will help me through here.

Thank for all your good work

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Re: Hi All first time in my life sharing my problems  
Posted by ddm11219 - 08 Mar 2016 16:22

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Welcome to the Holy Community

take off ur Hat & Rekel, make yourself comfortable.

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Re: Hi All first time in my life sharing my problems  
Posted by markz - 08 Mar 2016 16:28

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Welcome

Most guys hide behind a fictitious name and take months or years to recover, so you're taking some brave steps here

May you be successful on this road!!

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Re: Hi All first time in my life sharing my problems  
Posted by Eyeglasses - 08 Mar 2016 16:44

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Re: Hi All first time in my life sharing my problems  
Posted by BenTorah.BaalHabayis - 08 Mar 2016 19:20

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Welcome to this wonderful community. By participating in the forum you will learn very quickly that you are not alone and that people do succeed in breaking free from these habits even after years of struggling.

A good place to start is reading the GYE Handbook.

Hatzlacha!

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Re: Hi All first time in my life sharing my problems  
Posted by cordnoy - 08 Mar 2016 23:13

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Welcome.

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Re: Hi All first time in my life sharing my problems  
Posted by ColinColin - 10 Mar 2016 01:55

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Welcome.

I understand the temptations you face, the short lived intense adrenaline rush of meeting a

prostitute.

Remember how low it can feel after you finish with the prostitutes.

Use that feeling to motivate you.

Why do you pick them up?

Personally, my triggers were the lows that these cause, and a need to escape the lows:

Hungry

Angry (Resentful about something)

Lonely

Tired.

HALT.

If you can recognise you are feeling one or more of the above then get as soon as possible to a place where you are with family or friends, or log on here, or pray to Hashem.

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Re: Hi All first time in my life sharing my problems  
Posted by pischoshelmachat - 10 Mar 2016 15:03

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Hi Reb Hatzlocha,

Clearly HKB"H has decided that you were zocheh to a big yeshia because he sent you to this wonderful GYE site. There are so many chusheve yidden on here that have so much experience and recovery that you can learn so much from and get much chizzuk from. You will find rabbonim, dayanim, rebbeim and maggidei shiurim on here as well as many ehrliche chushive balebatim. We have many many shtreimlach, black hats, kapotes, reshvulkes and

rekelach as well as kipot srugot from ages 15 through 65 so you are in good company wherever you are. We all have this nisayon and we all can be healed from it if we really are prepared to do whatever it takes.

I have much to share about my struggle with you if you care to communicate privately. You can email me to [pischoshelmachat@gmail.com](mailto:pischoshelmachat@gmail.com) and we can communicate anonymously. I have been greatly helped by speaking to people like myself who are in recovery and have shared with me and help me with recovery.

A Groise Vareme Boorich Haboo!!

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