

my first introduction

Posted by trying to hope - 04 Jul 2016 03:02

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Hi everyone! I'm finally introducing myself after being logged on for a few weeks , I'm a *yungerman* 30 years old (or young...) living in the UK was always from the best in *yeshive* being very clever and I come from a real *chshuve toradige* family ,happily married to a wife with these goals , I started slipping in to *Shmutz* 5 years ago and I'm now addicted to porn , I've been in therapy for over 3 years which has helped with some emotional stuff but has not helped me stop (I have so much more that I want to share here but will keep it short for now) I'm joining GYE for 2 reasons : 1 I think it's time to start a 12 step program , 2 I desperately need to make CLOSE friends which I can discuss my struggles with in daily life ( which is why my therapist isn't in daily life out there) .

my username is TRYING TO HOPE because that is where I'm up to now (part of me is not really in the mood of fighting and stopping) .

hay I forgot to mention the obvious that my life is upside down , living a double life and my wife doesn't know anything ... hope to continue more next time

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Re: my first introduction

Posted by cordnoy - 04 Jul 2016 03:17

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Welcome,

It should be with hatzlachah.

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Re: my first introduction

Posted by Aryeh821 - 04 Jul 2016 04:33

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Hello

hatzlacha on your journey

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Re: my first introduction

Posted by Birshusi - 04 Jul 2016 13:35

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Welcome!

As you've probably seen from being around for a bit, there are a many people here that are in a similar situation to your's. Try to post as much as you can, as that will be the way that you start to form those relationships that you are looking for.

Keep coming back, read and absorb all the great stuff on the forums and website, and B'ezras Hashem you'll begin to understand how to approach this battle, and ultimately you'll come out on top.

Looking forward to hearing more from you soon!

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Re: my first introduction

Posted by Markz - 04 Jul 2016 15:15

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Hello chap

You live near the.guard at [buckingham palace](#) or closer to [watson](#)?

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Re: my first introduction

Posted by Workingguy - 04 Jul 2016 15:20

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Welcome. Lots of good people to talk to here.

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Re: my first introduction

Posted by gibbor120 - 04 Jul 2016 17:03

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Welcome! Mazal Tov on taking this important step. What are you in therapy for? How do you know you need a 12 step program? Have you read the handbook?

We look forward to hearing more from you.

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Re: my first introduction

Posted by mggsbms - 04 Jul 2016 23:12

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Welcome !

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Re: my first introduction

Posted by trying to hope - 05 Jul 2016 01:22

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hi again , I'm really enjoying all the feed back I got for my first posting, I know it's going to take some time to work my way around all the different forums and all of you lovely chaps out there so I'm taking it slowly , (on 2nd thought , is this just another excuse to delay getting the help I need ...? if you ever read the book by rabbi twersky on addictive thinking you start to realize how crazy you mind will work and it will look perfectly normal and rational to you...

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Re: my first introduction

Posted by doingtshuva - 05 Jul 2016 08:13

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First welcome,

If your talking about R' Twersky, you should know that he is a big supporter of GYE

Look here: [guardyoureyes.com/articles/rabbi-twerski](https://guardyoureyes.com/articles/rabbi-twerski)

It's recommended to start with reading the Handbook.

Look here:

[www.guardyoureyes.com/ebooks?task=callelement&format=raw&item\\_id=109&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download](https://www.guardyoureyes.com/ebooks?task=callelement&format=raw&item_id=109&element=f85c494b-2b32-4109-b8c1-083cca2b7db6&method=download)

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