hi
Posted by breakfreegye - 08 Aug 2016 16:07

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I occasionally have fallen to looking at inappropriate materials. How can I use this forum to help myself?

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Re: hi
Posted by truevision - 08 Aug 2016 16:23

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There isnt one answer to your question every person is different. Look at the homepage youll be abke to find tools and techniques which address different stages of lust addiction. Im sure markz will comment he has a link called gps to all the tools as well.

Hatzlocha

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Re: hi
Posted by KidusHashem - 08 Aug 2016 16:36

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Look around and see who/what you connect with, and what works for you. I'll second the above - everyone _is_ different...

Stick with the winners (people who are actually recovering, not just those who talk about it)

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Re: hi
Posted by Markz - 08 Aug 2016 21:40

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breakfreegye wrote on 08 Aug 2016 16:07**:**

I occasionally have fallen to looking at inappropriate materials. How can I use this forum to help

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myself?

Welcome BF!

Its a good question

As I wrote [recently](#), the forum seems to me an off road dirt track which only helps a select few. How many guys are like me that are clean long term with daily forum posting? Almost no one

That's if you're like me and the socializing of the forum is what helps my sobriety as in tool 14 of the handbook, and which is why I post 10 times a day day in day out.

However there's a big benefit of posting honest posts regularly. It can help you refine and define which other gye tools will help you as this has helped countless others, so, KEEP ON POSTING ON THIS THREAD

and

KEEP ON TRUCKING!!!

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Re: hi
Posted by 360gye - 09 Aug 2016 20:57

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[breakfreegye wrote on 08 Aug 2016 16:07](#):

I occasionally have fallen to looking at inappropriate materials. How can I use this forum to help myself?

As was said previously, everyone is different and there are an array of tools on GYE to help everyone(i think). I think this website can help you get in touch with people with the

same/similar struggles and recieve encouragement from them to watch yourseld, and in turn give them encouragement.

What is your email?

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Re: hi
Posted by gibbor120 - 10 Aug 2016 20:39

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Wlcome! Is it really just occasional. Check out the handbook and maybe browse through the ebook section. Is it really only occasional?

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Re: hi
Posted by willandtonya - 11 Aug 2016 03:24

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Welcome! To me, the best part is that their are others who are open and honest about this (our lust). Being able to read others ups and downs, and share mine is very therapeutic for me. I see this as a very important part of transformation, not hiding on an island alone.

But as has been said, we're all different, so, you have to put in the effort (including prayer for guidance) to find what works. It is a process of transformation, not a light switch we can just turn off and leave off.

We're here for you. Keep that head up^

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