

Beginner

Posted by Beginner - 24 Aug 2016 21:02

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Hi my site name is Beginner. Here is a brief introduction

I was recommended this site by my new therapist who also put me onto a co-dependency 12 step programme called CODA. I can see how co-dependency and addiction are linked. I'm very hopeful that this site can give me the support I need to not have to do my abstinence alone. My first goal is the 90 day challenge and PG this time I will reach it.

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Re: Beginner

Posted by 360gye - 24 Aug 2016 22:40

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Welcome,

In my little time here i have found that there are many tools here to help addicts. Look around and see what tools help you.

Good luck on your journey,

360gye

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Re: Beginner

Posted by inastruggle - 25 Aug 2016 04:28

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Welcome to gye,

I hope you get the help you're looking for.

Keep us updated on how it's going.

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Re: Beginner

Posted by Beginner - 25 Aug 2016 09:06

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Thank you guys!

I am on Day 12 of a new period of sobriety and the difference this time is that I am finally not doing this alone. I have a therapist and a 12 step group for co-dependence. I have already started to use some of the many tool on this excellent site and feel supported and encouraged here so thank you!

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Re: Beginner

Posted by pischoshelmachat - 25 Aug 2016 15:49

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Welcome Beginner to GYE,

Truthfully, we are all beginners in recovery because every day is a new day with a new challenge and a new connection with G-d that is stronger and closer than the day before. This makes every day and the anticipation of what it will bring so exciting.

We are so happy to have you here and to share your experiences with us as we will with you. When you feel more comfortable, tell us more about yourself and your story.

I am a grandfather in my 40's with a large family. There are young teens here, and people from all walks of life so you will surely connect with people who you can truly relate to.

There are so many special and selfless people here that will have a real impact on your life.

We love you! You are not alone!

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Re: Beginner

Posted by Beginner - 26 Aug 2016 13:17

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Thank you so much for this; it's great to feel loved! Truthfully.

I have written a little more about myself for anyone interested. I am a 50 year old male who is single and has never been married. I began to keep Shabbos at age 45 after a short stint at Yeshiva. Since becoming more observant (I now have a kosher home) I have had two relationships where I have come close to marriage. Both of these have been long distance and both failed, partly because of the distance and partly because of my co-dependent attributes: it makes me not express what I really think and feel, go along with the other person but secretly resent them until I explode emotionally. The biggest problem that I face is loneliness and the lack of love in my life or the prospect of a beshert to share it with. However pathetic it sounds, pornography and masturbation have been my only method of expressing myself sexually. I have tried more 'secular' methods of abstinence that I found online but none has worked so far. It's a compulsion that has ruled me since I first found pornography by accident in the street when I was about 10 years old. Obviously I wish that this incident had never happened but it did. Yiddishkeit has improved me and my life in so many ways and has taught me about the importance of Tikkun Habrit in my development as a spiritual person. Sometimes I feel weak and totally incapable of becoming the frum yid that I would like to be. To be honest it has been shocking to see how widespread 'my' problem is even among people who I would assume (based on appearance) would be immune to it. I'm not now sure how I feel about this. It doesn't make me happy to think that others suffer as I do and in some ways it makes me think that no-one is safe from this. I've never managed 90 days before but somehow I think that this time I will. Anyway thanks for reading this far!

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Re: Beginner

Posted by movingaround - 26 Aug 2016 17:10

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Welcome Beginner,

Kudos to your new beginning and for your courage to continue the fight! For as long as you fight you're alive!

As to you being shocked about frum people suffering from the same disease, keep in mind that we are all just *bossor vedom* blood and flesh and we have the same traits and feelings as all human beings. Appearances are misleading. However, I believe that us in the frum communities have more tools to fight.

.Anyways wishing you all the best and may Hashem be with you and all of us through out our journey of life!

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Re: Beginner

Posted by Markz - 26 Aug 2016 17:16

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Welcome!!

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Re: Beginner

Posted by gibbor120 - 29 Aug 2016 18:17

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Welcome! I wish you bracha and hatzlacha!

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Re: Beginner

Posted by KidusHashem - 30 Aug 2016 17:56

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I am FFB and struggle/d with this for many years. Reaching 30 days was unimaginable a few years ago, let alone 90 days. But after interacting on GYE for a while, and finally making it to live 12 step groups and getting a sponsor and working the steps, I've been sober for over 3 years. This is something I used to fantasize about, but never felt it was within reach. I believe that G-D has truly changed me and worked miracles in my life.

I want to encourage you to be hopeful and to commit yourself to honesty. G-D willing, you will see results soon.

Wishing you only success and happiness!

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Re: Beginner

Posted by serenity - 30 Aug 2016 21:07

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Welcome! One day at a time.

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Re: Beginner

Posted by Orzag613 - 30 Aug 2016 21:31

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Welcome!

your doing great so far keep up the good work

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