

hi all

Posted by aryehk - 03 Jan 2017 14:01

Hi my story is pretty simple ten years back using the internet for work i was exposed to my first porn movie of course i was pulled in to seeing more of the stuff and since then well i would not say that i am addicted but if i ever get the chance to watch again i will find it very difficult to stay away and even today that i use a relatively good filter (Rimon) i always find my self trying to bypass the filter and see things i should not be seeing by playing with the different levels of filtering that they offer so this is how things have been for the last ten years i dont think its called addicted but some sort of strong pull i am struggling with and that is basically it

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Re: hi all

Posted by cordnoy - 03 Jan 2017 14:25

[aryehk wrote on 03 Jan 2017 14:01:](#)

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Welcome,

You have come to the right place.

B'hatzlachah

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Re: hi all

Posted by Markz - 03 Jan 2017 15:13

[aryehk wrote:](#)

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Welcome brother

How strong is a pull gotta be to be considered an addict?

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Re: hi all

Posted by Watson - 03 Jan 2017 18:42

Welcome. You're in the right place.

First of all please take time to read through the [GYE handbook](#). No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: hi all

Posted by Singularity - 04 Jan 2017 07:52

[Markz wrote on 03 Jan 2017 15:13:](#)

[aryehk wrote:](#)

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Welcome brother

How strong is a pull gotta be to be considered an addict?

Wish I knew.

Welcome!

Keep coming back; it works!

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Re: hi all

Posted by gibbor120 - 04 Jan 2017 21:30

Welcome! Check out the handbook. Keep posting.

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