

Hi

Posted by dovid\_chabad - 03 Jan 2017 15:55

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My struggle is that i tend to enjoy going to chat sites and talking about inappropriate things and getting pleasure from it to the point of being Motzi zera levtole. This consumes much time, and obviously has a bad affect to my marriage.

I tend to go through long stages where i am ok but then again fall and hack my filter and go through a period of time where i again get sucked into these things. Often the trigger is not even the addiction itself, but the lack of readiness to immerse myself in work etc. and the search for something that will consume time and be enjoyable (even though I have plenty on my head to take care off), or the desire to release stress.

I found this site, and am in the process of installing a filter that shouldn't have the same issue, and hope that the other advice and support here will help me get out of this shmutz.

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Re: Hi

Posted by 360gye - 03 Jan 2017 16:07

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Welcome,

There are many tools here to help you out.

Hatzlacha on your journey,

360gye

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Re: Hi

Posted by Markz - 03 Jan 2017 16:31

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Hi mr chabadnik

Have you seen this gye vid?

[gye.vids.io/videos/d49bd1be1d1ee4c65c/technology-asifa-in-crown-heights](https://gye.vids.io/videos/d49bd1be1d1ee4c65c/technology-asifa-in-crown-heights)

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Re: Hi

Posted by Watson - 03 Jan 2017 18:42

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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

Posted by dovid\_chabad - 04 Jan 2017 00:32

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Thanks to all of you, I am hoping that i will be able to post soon with good news of my improvement

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Re: Hi

Posted by Singularity - 04 Jan 2017 07:45

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Welcome!

Try the 90 Day programme and make a thread in the appropriate section on the forum. Then you can track your progress and on a quiet Summer's day, a few months on, you can read from the beginning and facepalm at what you used to be!

b'Hatzlocha!

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Re: Hi

Posted by gibbor120 - 04 Jan 2017 21:52

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Welcome! One thing I can advise is to figure out what your triggers are. People tend to overlook emotional triggers. Anger, loneliness, boredom, etc. Often, the most important thing is to identify the things that bring you to act out. Check out the handbook for more ideas, and keep posting.

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