

trying to stop jerking off

Posted by stopthat - 11 Jan 2017 23:39

Hi

i am 17 years old, and try to stop, i just singed to up to this site i tried a few time to stop but it never really work out so now that i heard of this site i think it will help me a lot. even though that this is hard thing to over come but i know that i am not alone and this is also how you are know you are normal. This year i gave up my smartphone and "trying to stop and now just trying to live a little".

- stopingthat

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Re: trying to stop jerking off

Posted by 360gye - 12 Jan 2017 00:16

Hey,

Welcome to GYE. You are definitely not alone on this one. I'm sure you'll find stories similar to yours. Check out the tools GYE has to offer, i'm sure there's something that could help you. Being as you are 17, maybe check out the teens corner forum(but keep one thread for yourself)

Keep posting and good luck,

360gye

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Re: trying to stop jerking off

Posted by Markz - 12 Jan 2017 00:28

[stopthat wrote:](#)

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- stopingthat

Wow great going Smart guy!!

Rabbi Wallerstien says

"Smart people have dumphones

Dumb people have smartphones"

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Re: trying to stop jerking off

Posted by cordnoy - 12 Jan 2017 03:04

Welcome,

B'hatzlachah

I've been here quite some time and I don't consider myself normal. Markz as well

Warning: Spoiler!

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Re: trying to stop jerking off
Posted by Singularity - 12 Jan 2017 07:50

[Markz wrote on 12 Jan 2017 00:28:](#)

[stopthat wrote:](#)

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Wow great going Smart guy!!

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also poor people. The airtime I wipe out on a dumbphone. But the *Olam Habah* might be worth it.

Welcome, stoping! May we see you go on to big things.

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Re: trying to stop jerking off
Posted by Shlomo24 - 12 Jan 2017 14:38

Is it possible that we can change the title of this thread? I find it triggering. I know that's pretty selfish of me, but I was just wondering. Thanks all.

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Re: trying to stop jerking off
Posted by gibbor120 - 12 Jan 2017 21:11

Welcome! Check out the handbook, and some links in my signature. Keep posting.

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Re: trying to stop jerking off
Posted by Anon1948 - 16 Jan 2017 23:10

[stopthat wrote on 11 Jan 2017 23:39:](#)

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- stopingthat

Good for you for recognising what's wrong early and making changes. I wish I'd been more mindful at your age. I'm 22 next month and going through the same things. Best of luck, bezrat HaShem all goes well for us.

Maybe look here:

guardyoureyes.com/forum/44-Teens-Corner-%28ages-9-through-19-only%29

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