

Addicted

Posted by Lafritz - 22 Jan 2017 08:42

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Hi,

I heard from my Rabbi about this website. I think it's easier for me through the internet and not in person to reveal my addiction. I finally admit it is an addiction .. and I thought I would stop instantly after my marriage and kids. I struggle to stop watching forbidden movies and other. I need help because I know this can destroy my soul and my marriage.

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Re: Addicted

Posted by Hashem Help Me - 22 Jan 2017 12:26

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Welcome . You are in the right place. Get to know the crowd and receive lots of support. Hatzlocha and stay with us.

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Re: Addicted

Posted by Hashem Help Me - 22 Jan 2017 12:27

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Maybe write some more details of your story. Writing it down and sharing are very therapeutic.

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Re: Addicted

Posted by Markz - 22 Jan 2017 13:05

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[Lafritz wrote on 22 Jan 2017 08:42:](#)

Hi,

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GREAT MOVIE for joining us!!!!

Please see the 'welcome' red carpet spoiler below ;-}

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Re: Addicted

Posted by cordnoy - 22 Jan 2017 17:04

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Welcome,

This should be the first step of many positive steps for you.

B'hatzlachah

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Re: Addicted

Posted by Watson - 22 Jan 2017 17:33

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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: Addicted

Posted by gibbor120 - 22 Jan 2017 17:39

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Welcome! Did you actually talk to your Rabbi about it, and he recommended it for you? Or, did he mention it in another context, and he doesn't know about your problems?

Many of us have found that discussing this issue openly, as difficult as it is, is a real game changer. Coming here is a good start. We look forward to hearing more from you.

In the meantime, check out the handbook. Check out the dov quotes link in my signature.

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Re: Addicted

Posted by Singularity - 23 Jan 2017 08:13

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Welcome, fellow addict!

May you be addicted to nothing more than GYE.

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