

Struggling

Posted by Guardeyes23 - 26 Jan 2017 08:45

Hi. I'm 23 years old. I've only really been truly working on this issue for a year and a half. I've had longer and shorter streaks. Lately, I've had a couple of 30 day streaks, but they end up breaking usually because I end up bored at home and slip little by little. When I'm busy in yeshiva it's a lot easier. Once it's broken, I fall for a couple of days. I'm still trying to find a way to stop it for good. I'm currently on a 10 day streak, but have chatted illicitly without doing the deed. If anyone would have any tips for me, it would be greatly appreciated.

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Re: Struggling

Posted by Singularity - 26 Jan 2017 09:14

Welcome! We're happy to have you.

Take your time to browse the site. Find some tools that feel speak most to you, speak to people, check out others' inspirational stories, and most of all, enjoy, speak out, stay active in

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Re: Struggling

Posted by GrowStrong - 26 Jan 2017 10:29

Hey and welcome!

Thats amazing that you are aware of the issue and that you have made so much progress over the past year and a half.

It sounds like you are going to need to dive into a few of the tools here on the site.

Have you read through the GYE handbook?

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Re: Struggling

Posted by Markz - 26 Jan 2017 12:00

[Guardeyes23 wrote on 26 Jan 2017 08:45:](#)

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Welcome brother

I don't see you on the 90 day chart. Is it in the works

Have you chatted with anyone about this struggle

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Re: Struggling

Posted by cordnoy - 26 Jan 2017 14:05

Welcome,

Recoveryl should be with hatzlachah

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Re: Struggling

Posted by Watson - 26 Jan 2017 22:35

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: Struggling

Posted by gibbor120 - 31 Jan 2017 17:08

Welcome! Check out the handbook. Keep posting.

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Re: Struggling

Posted by YidFromMonsey - 01 Feb 2017 18:49

[Guardeyes23 wrote on 26 Jan 2017 08:45:](#)

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Hello brother!

Any update or respond? You definitely made it to the right place but you gotta stick around and

Wishing you lot's of hatzlocho

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use what this place offers.....