

Exciting

Posted by Hope77 - 26 Feb 2017 04:59

Hi guys!

I'm really excited I finally signed up to gye! BH!

I should of done this a while back and I'm happy I'm finally on track to deal with my addiction to internet as a whole, and Specifically to non tznius pictures and videos.

I'm kind of overwhelmed by the amount of articles and tools of GYE so I'm not really sure how to go about, but I guess I'll learn my way around.

Starting the 90 day challenge today (what does a clean day mean? Just not looking at bad stuff, or even if I had bad thoughts it's bad already?)..

It looks like there is a very supportive community here.. hope to hear from you..

i might post my full story one day (I'm not sure there is a need to).

wish myself and all of you much success!

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Re: Exciting

Posted by cordnoy - 26 Feb 2017 05:12

Welcome,

RecoveryI should be with hatzlachah.

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Re: Exciting

Posted by Markz - 26 Feb 2017 05:21

[Hope77 wrote on 26 Feb 2017 04:59:](#)

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I'm excited for you too!

Chodesh Sameach!

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Re: Exciting

Posted by MayanHamisgaber - 26 Feb 2017 05:34

Welcome you took the first step to recovery great work

[Here are the guidelines for the 90 day chart](#)

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Re: Exciting

Posted by Watson - 26 Feb 2017 08:39

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: Exciting

Posted by Singularity - 27 Feb 2017 10:17

Welcome, brother!

Hope to see more of you.

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Re: Exciting

Posted by silentbattle - 28 Feb 2017 00:14

Welcome - how are you doing so far? The key is to keep coming back, even if you have a fall - be open and honest about it. Most all of us here have had falls, pretty awful ones. Share it. You're only as sick as your secrets.

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Re: Exciting

Posted by ColinColin - 01 Mar 2017 00:56

Good luck.

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Re: Exciting

Posted by gibbor120 - 03 Mar 2017 18:54

Welcome! Check out the handbook. Keep posting.

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