

Hi

Posted by Rick - 19 Mar 2017 22:43

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Hi I'm new here so I'm not sure if I'm supposed to be writing all this, but I'm desperate, I've first started masturbating 11 years ago, I was to young to understand how wrong it was, I just kept on doing it almost daily, I'm not sure at what point I got addicted but my record was set 2 years ago for 16 clean days, I haven't bin able to beat it since, I really want to stop and I heard that gye is something that I most join

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Re: Hi

Posted by 360gye - 19 Mar 2017 23:10

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welcome,

You've made a wise decision coming here. I'm sure you'll find something on GYE to help you.

Good luck

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Re: Hi

Posted by Markz - 19 Mar 2017 23:52

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I'm happy to see you started your own thread

Each guy has his own story (from childhood etc) and his own recovery route

Is porn also a struggle for you as it was for me?

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Re: Hi

Posted by ColinColin - 19 Mar 2017 23:53

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Rick

Take it one day at a time.

Try to work out why you masturbate so much.

Then work on a plan to reduce it.

Then to stop it.

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Re: Hi

Posted by Markz - 20 Mar 2017 00:39

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[ColinColin wrote on 19 Mar 2017 23:53:](#)

Rick

Take it one day at a time.

Try to work out why you masturbate so much.

Then work on a plan to reduce it.

Then to stop it.

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Colin I've been here longer than a month, so I understand your question, but our friend just joined and your 'why' question is a little unclear, so if you have a mo please elaborate a little

Thanks!

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Re: Hi

Posted by Rick - 20 Mar 2017 00:59

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Thank you everyone,I finally feel like I'm apart of a group of people going through similar struggles as I am I thank you all for you're support in advance, and I hope to iy"h be a source of support myself soon as well

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Re: Hi

Posted by bb0212 - 20 Mar 2017 05:15

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[Rick wrote on 20 Mar 2017 00:59:](#)

Thank you everyone,I finally feel like I'm apart of a group of people going through similar struggles as I am I thank you all for you're support in advance, and I hope to iy"h be a source of support myself soon as well

Rick, welcome aboard. By simply showing up to the fight, you're supporting everybody else here. The more we fight the battle, the more we support each other.

GYE is definitely a place to get answers. Just an aside, if people respond in ways that you don't like, please understand that they really want to help, but not everything that helped them and others, will necessarily help you. But you can definitely find answers that you need here. So keep coming back and enjoy the ride. Personally, I've seen tremendous personal growth, taking steps now that I wasn't even thinking about less than two months ago.

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Re: Hi

Posted by Singularity - 20 Mar 2017 07:48

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Hey, rickmeister!

Welcome aboard! Good to have you!

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Re: Hi

Posted by gibbor120 - 20 Mar 2017 13:37

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Welcome! Check out the handbook. Keep on posting. We are here for you.

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Re: Hi

Posted by RaabosMachshovos - 20 Mar 2017 13:44

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Hey Rick, Welcome !!

I find the community very supportive, and understanding!!

Hatzlacha Rabbah

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