

hello

Posted by anshelgoldberg - 18 Apr 2017 09:19

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I have periodically exposed myself to pornography of various levels throughout my life starting in my teens. I am in my fifties now. I grew up in a secular environment and became observant in my twenties. It was never a regular habit, only a once-in-a-while thing. Before starting to use the Internet it might have been once a year. Since beginning to use the internet it has increased and has become more of a Nisayon to control it because of the "AAA" nature of pornography on the internet. Several months ago I was finally caught by my wife. I was honest with her. She encouraged me to look for an anonymous forum like GYE. That's why I'm here. I think hearing about this problem from others that are affected by it would help me.

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Re: hello

Posted by GrowStrong - 18 Apr 2017 11:05

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Welcome Brother,

You are not alone, there is a group of guys here going through very similar issues for many different reasons.

You can breathe easy, you will find most of the answers you need, right here on the site.

Find some free moments to read through the [GYE handbook](#) if you have not yet already done so. Take some extra time to go through the [30 Principles of GYE](#)

Of the many tools you will find here on this site, bringing the problem out into the open, out of isolation and sharing it with others in a similar boat is a great first step.

Read up on the various ways that many here have managed to stay clean for amazingly long periods of time by participating with us in the forum.

If you are dedicated to stopping, know that it is possible.

Most importantly.

Keep on Trucking

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Re: hello

Posted by Singularity - 19 Apr 2017 08:47

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Welcome! What a brocha to have a supportive wife. Don't abuse it!..

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Re: hello

Posted by Chaimel - 19 Apr 2017 18:13

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May hashem be with you in this journey!!! Thanks for joining us and posting!

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Re: hello

Posted by gibbor120 - 20 Apr 2017 20:55

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Welcome! Check out the handbook. A supportive wife is a tremendous asset to have! Keep posting.

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