

getting there after to many lost years
Posted by getthere - 27 Apr 2017 09:20

I've been looking at GYE for a while and decided its time to join and see if i can also get there with a calm and relaxed feeling.

My story in short:

I have had a problem with watching Videos and MZL for about 25 years. I used to be MZL minimum once a day to relief me of stress and therefor being able to fall asleep, i used to watch videos when i was and was in desparate need of some good company - or so it thought then. This was all good, albeit feeling down after doing it, until my wife checked my phone, at first i denied everything but then she saw it again and i decided NO Choice you just have to own up. this happened about 11/2 years ago. Since then the Sholoim Bayis was rocky at times and at other times it was stormy - hurricane like. For the past half year or so things are B.H. calming down and she is now accepting of who i am today. The problem is i have my falls every now and then and i am MZL. I know its an aveire but this did not stop me for many years why should it stop me now. In Yeshiva the Mashgiach even once saw what i was doing but he just pulled out a Shulchan Aruch and that was the end of him talking to me.

I hope by joining GYE i will be able to free myself totally from this.

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Re: getting there after to many lost years
Posted by GrowStrong - 27 Apr 2017 11:02

Welcome GT,

You are not alone, there is a group of guys here going through very similar issues for many different reasons. I myself took 30 + years before I found GYE and started recovery.

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: getting there after to many lost years
Posted by MayanHamisgaber - 27 Apr 2017 11:03

Welome nice share

Let us know how we can help

Recovery should be with Hatzlacha

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Re: getting there after to many lost years
Posted by bb0212 - 27 Apr 2017 13:23

Welcome!

Hatzlacha & stay connected to GYE! Keep on coming back and reading/posting, so many people have been helped tremendously here.

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Re: getting there after to many lost years
Posted by dd - 27 Apr 2017 17:03

Welcome!!

Gye is the place to be when you used it right. So hang around and make yourself comfortable.

Hatzlachah!!!

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Re: getting there after to many lost years
Posted by Chaimel - 27 Apr 2017 18:00

Thanks for joining and posting!

to the mashgiach in my opinion.

may hashem guide you down the path to success and happiness!

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Re: getting there after to many lost years
Posted by Hashem Help Me - 27 Apr 2017 20:31

Welcome. We are here to help. Many have successfully broken free of these stress relieving/self soothing acts through the various options available on this site. Iyh you will too. Hatzlocha.

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Re: getting there after to many lost years
Posted by yiraishamaim - 27 Apr 2017 20:36

Welcome. Wise decision.

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Re: getting there after to many lost years
Posted by getthere - 28 Apr 2017 07:20

WOW, I really did not expect this. Such a welcome and apparently i am not the only person with this issue.

Looking forward to getting this done together.

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Re: getting there after to many lost years
Posted by Singularity - 28 Apr 2017 08:22

[getthere wrote on 27 Apr 2017 09:20:](#)

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I hope by joining GYE i will be able to free myself totally from this.

You were masturbating in the beis medrash??

Welcome! Much hatzlocha in your new journey!

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Re: getting there after to many lost years
Posted by yiraishamaim - 28 Apr 2017 11:02

[getthere wrote on 28 Apr 2017 07:20:](#)

WOW, I really did not expect this. Such a welcome and apparently i am not the only person with this issue.

Looking forward to getting this done together.

Joining was a giant first step.

Stay tuned. Keep posting. Reading and inquiring. Recovery is truly within reach if the desire is there.

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Re: getting there after to many lost years
Posted by Markz - 28 Apr 2017 11:05

[getthere wrote on 28 Apr 2017 07:20:](#)

WOW, I really did not expect this. Such a welcome and apparently i am not the only person with this issue.

Looking forward to getting this done together.

Oh yeah!

KOME ON TRUCKING!!!

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Re: getting there after to many lost years
Posted by Shivisi_Hashem - 28 Apr 2017 11:38

Brich Haba, welcom to hashems Chabura, its the best place to be, you did the right choice, we will support you all the way.

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Re: getting there after to many lost years
Posted by cordnoy - 28 Apr 2017 12:59

Welcome,

Recoveryl should be with hatzlachah.

This indeed is a great group of fellows.

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Re: getting there after to many lost years
Posted by Kleen4real - 28 Apr 2017 14:17

Another brave man. Welcome to the family. You will GetThere!

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