

Need support

Posted by Tunrand - 19 Jun 2017 17:55

For so long, as long as I can remember I suppose, I've been a slave to this. I am a Baal teshuva and so I grew up with this terrible addiction from the begging. In the last five years I've made what feels like endless efforts to beat this addiction but over and over, have failed. I love my wife, my children, my Creator and my fellow yidden, and I want more than anything to take my place among them as the person I know I truly am; and I know that my entire spiritual figure depends on this tikkun habris.

I have ave filters on my phone, computer etc... but somehow always seem to find complicated ways around them. I can fight it when I am strong, learning, davening, working and happy. But when I have a nefilah in simcha from any of the above, it only takes one late night to ruin everything again.

I dont know know where to go from here but I hope I can find help here.

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Re: Need support

Posted by Markz - 19 Jun 2017 18:06

There's only 1 way to go from here, and that's forward ;-) - Check my sig below

I was listening to Dov today, he's amazing for example [this](#) lecture

Markzzz

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Re: Need support

Posted by dms1234 - 19 Jun 2017 20:30

Welcome! I am also a Baal Teshuva and also an addict.

Feel free to reach out!

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Re: Need support

Posted by Tunrand - 20 Jun 2017 18:14

Warning: Spoiler!

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Re: Need support

Posted by MayanHamisgaber - 20 Jun 2017 19:47

Sounds hard I feel your pain

Definitely call Dov and Probably a sponsor will help for those tough times

Recovery should be with Hatzlacha

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Re: Need support

Posted by dms1234 - 20 Jun 2017 21:29

I like where mayanHamisagaber is going with this one but tell me tunrand what clear strategies were you thinking of?

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Re: Need support

Posted by gibbor120 - 22 Jun 2017 15:07

Welcome! You have come to the right place. Your story is common. Check out the handbook, and dov quotes. Keep posting.

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Re: Need support

Posted by tattysjunk - 22 Jun 2017 15:21

We feel your pain, but I have a question for you.

I relate to you because I'm working in the tech field, so I could bypass any filter what so ever I tried everything (all the filters out there) but nothing helped me because i always found a way around it. as you said, that only happens when you have a neffilah.

So my question to you is what filters do you have? because if you are not a pro in the tech field and you have the right filters on your phone and devices you will not be able to bypass them.

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