

Day #1 is today. Guidance Appreciated.

Posted by chizuknow182654 - 30 Jul 2017 22:44

Today is my first day on this journey. As a matter of fact, signed up just a few moments ago. Struggled with addiction to shmutz for over ten years and lately taivah has just been increasing and scared I'm going to graduate to "live" fixes as opposed to just images. I have tried everything - filters, therapy, etc. I want to know from real people who have struggled with **exactly** what I struggled with and how they addressed this. Please help!

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Re: Day #1 is today. Guidance Appreciated.

Posted by Markz - 30 Jul 2017 23:17

Welcome brother

Check the free towing page below ;-)

Keep in touch!

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Re: Day #1 is today. Guidance Appreciated.

Posted by gibbor120 - 31 Jul 2017 17:40

Welcome! What kind of therapy? Why do you think it didn't work? Did it help at all?

I don't think you need to find someone who struggled with exactly the same thing you struggled with. There is enough in common that we can all help each other. Also, you do not mention "exactly" what you struggle with. Keep sharing.

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Re: Day #1 is today. Guidance Appreciated.

Posted by hashiveinu - 31 Jul 2017 18:58

welcome! you are in the right place.

one thing you will learn here is that "exactly" doesnt matter. its not 7000 strains of a virus that requires 7000 different medicines and dosages.

its addiction and there is no magic solution to cure it.

but here at gye we can help learn how to deal with it and live life as if it didnt exist and better than we would be living had it not existed.

hatzlacha rabbah.

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