

just starting my journey... any advice
Posted by ocean - 04 Dec 2017 19:49

I am new here, and I am just starting my journey to recovery. I would like to hear from people who have completed the 90 days. I need some advice on porn addiction and masturbation. This has been a long time addiction and is getting more and more damaging as time goes on.

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Re: just starting my journey... any advice
Posted by Markz - 04 Dec 2017 19:53

[ocean wrote on 04 Dec 2017 19:49:](#)

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Welcome ocean

Lookout for the Cordnoy cruise liner - making big waves :-)

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Re: just starting my journey... any advice
Posted by cordnoy - 04 Dec 2017 23:41

[Markz wrote on 04 Dec 2017 19:53:](#)

[ocean wrote on 04 Dec 2017 19:49:](#)

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His cruise liner is currently a submarine.

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Re: just starting my journey... any advice

Posted by Markz - 04 Dec 2017 23:47

[cordnoy wrote on 04 Dec 2017 23:41:](#)

[Markz wrote on 04 Dec 2017 19:53:](#)

[ocean wrote on 04 Dec 2017 19:49:](#)

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His cruise liner is currently a submarine.

Oh phew... thanks for clarifying ;-)

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Re: just starting my journey... any advice
Posted by MayanHamisgaber - 05 Dec 2017 03:53

[Markz wrote on 04 Dec 2017 23:47:](#)

[cordnoy wrote on 04 Dec 2017 23:41:](#)

[Markz wrote on 04 Dec 2017 19:53:](#)

[ocean wrote on 04 Dec 2017 19:49:](#)

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Oh phew... thanks for clarifying ;-)

Actually I got worried he was going to disappear again for a while.....

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Re: just starting my journey... any advice

Posted by Hashem Help Me - 05 Dec 2017 12:30

Welcome. You are in the right place. Stay connected, keep posting, get to know the oilam here. Hatzlocha.

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Re: just starting my journey... any advice
Posted by gibbor120 - 05 Dec 2017 21:23

Welcome! I used to count, well before I found GYE. It never helped me much. Do what is right today, and don't worry about counting. Worry about taking actions that will help. What are your triggers? (Especially emotional ones like loneliness, anxiety, depression, anger, fear etc.) Check out the handbook. See what works. Keep posting.

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Re: just starting my journey... any advice
Posted by serenity - 06 Dec 2017 02:57

For me the ninety was a start not a completion. It was a period of cooling off and clearing my head a little but so I could start working a program of recovery. Day ninety one for me was day one and each day since is day one.

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