

hi

Posted by AI322 - 26 Dec 2017 18:28

Hi,

Just joined last night. Have been struggling with internet filth for around 30 years. Have a wife and family. Only I know. Have had periods of quiet but not too many. Quit smoking last year and I see an addiction can be broken. This will be harder. Watched the video from Dr. Patrick Carnes in the videos/talks-shiurim section. some notes:

- It's a 3-5 year effort.
- 40 days clean has an effect on your brain
- Next 90 days reshape your attitudes
- many lapse in the second 6 months.

First step: Do the 90 day challenge - each day will read one section in part one of the GYE guidebook and one section in part two of the GYE guidebook and summarize these in a notebook.

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Re: hi

Posted by Markz - 26 Dec 2017 19:11

Hi AI

Welcome

Are you sure you're an addict

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Re: hi

Posted by Markz - 26 Dec 2017 21:09

Brother when I say addict...

Maybe youll get more clarity if you can read what dov wrote and gibbor added to the **dov-posts** section

["Who is an Addict? Do I Need the 12 Steps?"](#)

Keep On Trucking!!

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Re: hi

Posted by youcan - 27 Dec 2017 00:28

Hi, you're already doing good just keep going...

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Re: hi

Posted by Hashem Help Me - 27 Dec 2017 01:33

Welcome. Stay connected. Keep posting. lyh you will do well here.

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Re: hi

Posted by Al322 - 27 Dec 2017 04:56

I see. Dov's posts are fascinating and helpful. I am not addicted to that level (pushing boundaries and putting my life in danger or at risk of ruin). I am considered an addict according to this screening:

<https://www.recoveryzone.com/tests/sex-addiction/SAST/index.php>

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Re: hi

Posted by ColinColin - 02 Jan 2018 23:20

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Re: hi

Posted by ColinColin - 02 Jan 2018 23:20

Hi welcome.

From my experience a relapse can happen at any time..after one day or after 300 days.

Stress can bring it on, so can tiredness, emotional hurt etc.

HALT has helped me.

These are triggers which can cause a relapse.

Hungry

Angry (Resentful/In emotional pain)

Loneliness

Tiredness

Be aware of one of these or any combination of these.

They make you vulnerable.

So if you manage to recognise them, reach out to a supportive friend or log into here and chat to others who understand.

Or go for a walk, anything healthy to de-stress.

Or in the case of hunger - eat!

Do not be hard on yourself, do not feel low self-esteem.

Keep positive, keep motivated.

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Re: hi

Posted by serenity - 03 Jan 2018 02:31

Welcome. Sounds like your doing the right thing. Glad your here.

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Re: hi

Posted by tzaddik212 - 03 Jan 2018 02:38

Thanks for reminding me

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Re: hi

Posted by gibbor120 - 09 Jan 2018 15:25

Welcome! Keep posting. Keep working on it. Never ever give up!

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Re: hi

Posted by bear - 12 Jan 2018 20:25

[AI322 wrote on 26 Dec 2017 18:28:](#)

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Hey welcome,

I liked the points you raised gave me what to think about.

Hatzlacha

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Re: hi

Posted by iampowerless - 14 Jan 2018 02:01

Welcome wishing you a lot of hatzlacha!

BTW do you have a filter? You say your problem is with internet filth a filter will probably be a great 1st step!

Lots of Love Yankel!

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