

Need support

Posted by Live life - 23 Mar 2018 07:39

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It's my first time using guard my eyes..

im not so expressive.. I'm struggling with masterbation. I try to stay positive but then somehow fail

any advice??

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Re: Need support

Posted by lifebound - 23 Mar 2018 07:52

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Welcome friend. You're in the right place for support.

Have you checked out the handbook? There's a lot of advice and tips in there, that's a good place to start to see what works for you.

Keep posting, even if it's hard to express yourself just try to be honest and open. No one here will judge you and the more you share the more you will be helped.

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Re: Need support

Posted by Live life - 23 Mar 2018 08:07

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Thanks for the welcome

I will check out the handbook

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Re: Need support

Posted by Singularity - 23 Mar 2018 08:37

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[Live life wrote on 23 Mar 2018 07:39:](#)

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im not so expressive.. I'm struggling with masterbation. I try to stay positive but then somehow fail

any advice??

Hi LL. Welcome!

Is it just masturbation? Is there porn involved? How frequent? etc.

Hatzlocha on your journey!

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Re: Need support  
Posted by Live life - 23 Mar 2018 15:31

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Hi singularity,

Can you pm me.

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Re: Need support  
Posted by gibbor120 - 27 Mar 2018 14:35

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Welcome! Check out the handbook. Keep posting.

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Re: Need support  
Posted by Yerushalmi - 29 Mar 2018 18:44

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Welcome. I find it difficult to open up to total strangers. I did open up in a private chat with someone, and told everything to that person. I found it very liberating to finally open up and get

it off my chest.

If you can't open up in a public forum, do so in private with someone. There are people here with whom you can send emails back and forth, and even some who will provide phone numbers! Take advantage of such an offer!

The more you do reveal on these forums, the more people will be able to offer suggestions and tips.

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