

Introduction

Posted by Doitforhashem - 11 Apr 2018 13:58

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Hey guys, I've been trying to for a long time to stop masturbating, having going two and half months consecutively, that falling I decided I want to look for better solutions and I ended up here. I'm hoping I could get some help here.

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Re: Introduction

Posted by ieeyc - 11 Apr 2018 16:43

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welcome! im sure that youve mad e the right step,many of us here have been stopping and falling, and have improved MUCH since joining gye , i hope and i am sure you will too! for starters have you read the gye handbook?

hatzlacha!

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Re: Introduction

Posted by Hashem Help Me - 11 Apr 2018 23:10

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You came to the right place. Stay here - don't disappear like so many others. Keep posting. What are your triggers?

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Re: Introduction

Posted by grateful4life - 12 Apr 2018 00:56

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Welcome aboard!!

Come here and explore as often as you can and you will find many helpful people, tools and wisdom.

Hatzlacha rabba!

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