

hello

Posted by tlibenu - 18 Apr 2018 16:26

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So ive been addicted to shmutz since I am 12 years old . There was a brief period in HS where I practiced total abstinence for 40 days. Other than that, my longest dry spell was probably a week or two. Recently I shared with my wife that I have a problem with internet addiction and we both agreed that I would seek help.

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Re: hello

Posted by lifebound - 18 Apr 2018 19:27

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Welcome. Keep sharing. May you get the help you seek.

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Re: hello

Posted by grateful4life - 19 Apr 2018 02:00

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I commend you for the courage to come here and share your story. There's so much to learn here and great people to learn from. Keep coming back, share your struggles on the forums and connect with people as much as possible.

May G-d bless you in all areas.

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Re: hello

Posted by Hashem Help Me - 19 Apr 2018 04:20

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Welcome to a great place. Stay connected and iyh you will pick up a lot of info and advice. Hatzlocha.

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