

New Member

Posted by penguin - 23 Apr 2018 15:03

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Hi, I'm late thirties, happily married with 34 kids BL'H. I know I've got a problem and I need help, which is why I am here. I'm willing to give a lot of my time to try and work with this program to break free. First thing is too improve my filter which I've found a way round. Just have to find a way to change it without my wife finding out why I want to change it. I'm not ready to write down the frequency of my averoh. Even though this is anonymous I'm still to embarrassed to actually write it.

I've signed up to the 90 day program 5 days ago, and going to work with the other tools.

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Re: New Member

Posted by cordnoy - 23 Apr 2018 15:29

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[penguin wrote on 23 Apr 2018 15:03:](#)

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I'd say you've got about 30 problems! You in Goshen? I'm sure any anonymous rabbi will give you a heter.

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Re: New Member

Posted by Gevura Shebyesod - 23 Apr 2018 15:29

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Welcome. Improving your filter is definitely a good step, and you can just tell her that you want to be more careful about seeing things by mistake, or that the Rabbonim recommend a stronger filter, etc. She doesn't need to know that you have a problem.

At the same time, perhaps you also need to work on yourself so that you don't feel the urge to act out. Browse around the forum and read the handbook and see what tools might work for you.

Hatzlacha!

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Re: New Member

Posted by Hashem Help Me - 24 Apr 2018 04:26

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Welcome to a great place. It takes courage and honesty to post. You did it. That is step one. Let us know how we can help. Hatzlocha.

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