

Hello Family

Posted by Ibelieve - 30 Apr 2018 22:21

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Hi, my name is Shlomo. I've been struggling with watching porn/masterbating on and off for about 17 years. It's crazy to write that number and have it stare back at me. I never realized how much a part of my life this is. I am coming to terms with the fact that I won't be able to get out of this on my own. I am naturally impulsive and usually break any streaks that I have after about a month. I am very excited to join the community and look forward to growing with everyone.

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Re: Hello Family

Posted by lifebound - 01 May 2018 01:18

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Great to have you on board. Keep posting, stay connected.

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Re: Hello Family

Posted by i-man - 01 May 2018 03:26

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welcome shlomo

many of us here have had the same painful feelings of regret and self hatred, but with tools found on this site have been able to start the healing process and going really far in self growth

iy'h by you ! look around the site slowly take in the many options ,and be open to what the wise old timers have to say - theyre a wealth of knowledge on this issue.

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Re: Hello Family

Posted by gibbor120 - 22 May 2018 19:02

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Welcome! Check out the handbook. Keep posting.

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Re: Hello Family

Posted by Rcl2017 - 25 May 2018 13:44

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Hi Shlomo. I am Rick. New to GYE. 28 years in recovery. 485 days sober. That's the longest cleanest streak in Over 4 decades. But life is better now than it has ever been. I am so grateful to have found GYE. I've been working on Custody of My Eyes for decades. Now, in addition to SLAA, I have this wonderful resource and fellowship. Never give up! It gets better.

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