

Where do i begin?

Posted by privatep - 26 Mar 2019 16:33

Im here to introduce myself to everyone out there and i have a few questions. Im happy to say that i have signed up to this website. Where do i begin? What are somethings that you can remember that really works when just getting started with all of this? There are so many different avenues with this program i fell a bit overwhelmed.

I would love for you to tell me and help me with some of the things that worked for you so that i can start this journey.

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Re: Where do i begin?

Posted by mggsbms - 26 Mar 2019 17:00

Welcome! you did a great first step by coming out and posting on the forum, keep on posting and share your struggles, the more you share the more help can be sent your way.

Some things that help me. Reaching out, on the forum or to some real people, that could take some time, till you get a comfort level that works for you.

Keeping away from lust, on the street or on the computer, not even small bites.

Good filters are crucial.

There is a lot more, and I'm sure others will share.

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Re: Where do i begin?

Posted by cordnoy - 26 Mar 2019 21:11

[privatep wrote on 26 Mar 2019 16:33:](#)

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Welcome, readin' the handbook is a good place to start.

Godspeed

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Re: Where do i begin?

Posted by ColinColin - 27 Mar 2019 02:29

Do something positive to take your mind off the urges:

- 1.) Go for a walk.
- 2.) Read
- 3.) Call a friend
- 4.) Cook a meal
- 5.) Daven
- 6.) Study

Also try to understand why you have the urges - is it lust?

Or a deeper depression/loneliness that means you have to take a thorough assesment of your life?

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Re: Where do i begin?

Posted by Hakolhevel - 29 Mar 2019 04:51

Welcome.

In the order of how it worked for me

reading the handbook

Reading posts

listening to dovs talks

Posting

Talking to ppl I met here

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Re: Where do i begin?

Posted by privatep - 29 Mar 2019 14:39

Thank you! i really appreciate it!!

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Re: Where do i begin?

Posted by YeshivaGuy - 15 Dec 2020 17:27

Sooo how u been?

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