

## My Beginning

Posted by Inspired - 05 Jul 2019 04:10

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I call the subject of this message 'My Beginning' because that is what this is for me. I am 24 years old, married with a wonderful son and I have struggled with issues of pornography, masturbation, and I guess overall lust. I've tried everything to change and get out. Just recently (like two days ago!) I realized for the first time that I have a problem and this isn't simply another nisayon. It wasn't one of those thinking hard and taking a long look in the mirror moments. I quite honestly am not certain what happened. All I know is that I have to change me; not simply overcome a difficult challenge. My realization is that I am no longer in a battle, but a full blown war to reach the person who is "I".

In my years of struggle, I have yet to reach out to a group. It's actually quite amazing to be a part of something bigger than myself. I think that will help me.

I told my Rav two days ago, when I started this new life, that I don't think I can do it. I don't believe in myself and a (big) part of me wants me to continue down the path of physical pleasure. But reading about others' experiences is a true chizuk.

I checked the calendar to see when my 90 days would be up and what I saw brought tears to my eyes. That's right, my 90 days of sobriety will be completed on the second day of Rosh Hashana. A new year! A new beginning! A new life!

I am still learning how GYE works and the layout of this website, but in just 24 hours since signing up someone reached out to me. PLEASE CONTINUE!!! It gives me chizuk to know that someone with the same struggles cares.

May we all be zoche with Hashem's help to reach our own personal Rosh Hashana.

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