

Longtime struggler, finally doing something

Posted by jewregonnamakeit - 28 Dec 2020 23:31

Hi all,

I am a recently married guy in my mid-20s and I have struggled since I was 13. A couple of weeks ago I admitted my problem to someone else (my therapist) for the first time, and today he suggested several steps I could take, including joining a community for support, so here I am!

Besides the halachic and marriage-related reasons to go on this journey, I have also experienced a lot of mental distress that is likely tied to my struggle. I hope that I can free myself from this addiction and grow as a Jew and as a person.

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Re: Longtime struggler, finally doing something

Posted by DeterminedtoWin - 28 Dec 2020 23:43

Welcome!

First of all, mazal tov on you recent marriage!

It's a big deal to share this struggle with anybody and it takes real strength to take the steps you are taking to get help, good for you! GYE is an amazing community full of amazing people and has really been helpful for me and thousands of others. Take your time to get acquainted with the website and the GYE system and enjoy the ride! Be"H you will find the help you are looking for. Hatzlacha!

-Determinedtowin

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Re: Longtime struggler, finally doing something

Posted by OivedElokim - 29 Dec 2020 01:09

Welcome!

You are well on your way to freedom from this habit just by sticking around here. Read the forums, post your struggles, acquaint yourself with the tools offered here, get advice from the veterans and empathy from the rookies, and you will see much Hatzlacha!

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Re: Longtime struggler, finally doing something
Posted by Captain - 29 Dec 2020 01:34

Hi! Welcome to the community! You will find a lot of supportive people here. Looking forward to your posts!

Also please check out the following great free resources:

Great book (ebook) for breaking free: The Battle of the
Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download
here: <https://theshmuz.com/series/the-fight/>

Also, you can sign up for the daily GYE Boost emails/ whatsapps at www.gyeboost.org.

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