

there and back again

Posted by TheYoungerTwin - 30 Sep 2021 04:07

hi.

i logged on to this site for the first time about a year ago. It was the day after Rosh Hashana.

i had just fallen and was quite frustrated that i was still unable to kick this habit.

i lurked around the forums, got inspired, followed some of your incredible stories of daily struggles and triumphs.

i kept the 90 day thing up to date.

i never posted.

slowly but surely, i visited the site less and less, i gave up on the 90 day chart, and was less motivated to break my unwanted habits.

interestingly enough, there were a few month-long periods when it was just not on my mind and i did just fine. Unfortunately, those blissful weeks were always followed by a painful reminder: you still struggle with porn/masturbation.

So, here i am, once again. its a new year (a month in already!) and i would like to start posting to keep me grounded, and to strengthen myself to just put in a little effort. I also feel that the community aspect will be a big help.

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Re: there and back again

Posted by withgdthereshope - 30 Sep 2021 04:27

Welcome!

Some people find pushing themselves to post regularly leads to success.

I hope you'll stay with us here and Hatzlacha on your journey.

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Re: there and back again
Posted by wilnevergiveup - 30 Sep 2021 07:45

Welcome!

I am also a younger twin, must have been fun growing up...
Warning: Spoiler!

Stick around buddy, there are many awesome guys on this site. Don't be shy, make yourself at home, we are all in this together.

Post, connect, and look around this site for a ton of information and lots of support.

Hatzlacha!

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Re: there and back again
Posted by Captain - 30 Sep 2021 13:30

Hi, good to hear from you.

Please check out the free resources in my signature below. They are a good addition to everything else you're doing in your plan.

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Re: there and back again
Posted by DavidT - 30 Sep 2021 14:28

Welcome!

The opposite of addiction is not sobriety - it's CONNECTION. Addiction thrives on isolation! Please try to find someone that you can share your pain and struggles with. And it's also great to have this great GYE community who can cheer you on and celebrate your both big and small wins with you!

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Re: there and back again
Posted by excellence - 17 Oct 2021 20:44

Pls come back??????????????

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Re: there and back again
Posted by eyes - 17 Oct 2021 23:35

I am the older twin

What is going on

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Re: there and back again
Posted by TheYoungerTwin - 12 Nov 2021 02:00

ok

hi again.

so much for that first post...

anyway, i decided to post now because im about to give in. i guess that wont happen for now.

an update from me:

pretty soon after posting a while ago (month? idk) a few things happened.

1) i read a post about the 10 rules for quitting porn (i think its called easypeasy method) and affirmations to go with it. The concept that by stopping to look at porn for good you aren't actually giving anything up - that really resonated with me. I was able to keep away from porn - until a day or two ago.

2) at that time i was in a pretty bad place mentally. then something happened that really upset me - and given the state of things - kinda nailed the coffin shut for me. a day after this, i returned to yeshiva (from bein hazmanim) depressed. yay.

since then, some more stuff happened and i discovered where i struggle exactly regarding p/m.

maybe i'll post some more i gotta go now.

well, this was a success. i didn't give in.

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Re: there and back again
Posted by Hashem Help Me - 12 Nov 2021 12:24

Can you please explain what you mean that by quitting watching pornography you are not actually giving anything up. Lot's of guys verbalize that "fear".

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Re: there and back again
Posted by TheYoungerTwin - 12 Nov 2021 20:36

it doesn't add any significant value to my life. i will be no worse off without it. Its not a sacrifice.

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