

Hello

Posted by Chaim91 - 05 Apr 2022 13:28

Hi Everyone,

I first started with masterbating in high-school. It started here and there and eventually tuned into everyday. Throughout my 4 years of bais medrash I continued masterbating almost everyday and always wanted to stop. I tried so many times but it usually only lasted a day or 2. Now I've been married for a year, am learning in kollel, and have a baby on the way and I just want it all to stop. I am optimistic about this program and hope it will help me finally break free. Thanks for reading.

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Re: Hello

Posted by Bilaam Harasha to Yosef Hatzaddik - 05 Apr 2022 13:47

Welcome to forum! It's great to have you on board with us.

Before finding out about GYE, I was also stuck struggling without any end and I thought that it would be impossible to break free. Although I'm still fighting, I've been able to break free from masturbation and I've made progress that I previously thought was *impossible*. There are many resources here that will help you tremendously and will b'ezrat HaShem give you the tools necessary to break free completely, like the new flight to freedom program here that you've probably already seen.

B'hatzalacha!

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Re: Hello

Posted by DavidT - 05 Apr 2022 14:41

[Chaim91 wrote on 05 Apr 2022 13:28:](#)

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Welcome!

It's great that you're optimistic about recovery.

Keep on posting and stay connected. Hashem will surely be with you to be with you.

Please make sure to plan Ahead - Be proactive. As they say, "If you fail to plan - you plan to fail". The yetzer horah rarely tries to fight us when were doing well, he looks for opportunities when we're down and out or caught off guard.

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Re: Hello
Posted by Larry Bird - 05 Apr 2022 14:46

I'm in the same stage as you! You came to an amazing place. I've only been here for a bit. But already I've seen results, albeit small ones, that I couldn't have imagined. I found that it is great to share a lot about yourself so people can give you tips and chizzuk that's more detailed and direct. And it also helps get things out of your head and into writing, which is great for dealing with a challenge.

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Re: Hello
Posted by Chaim91 - 05 Apr 2022 15:21

Thanks for the advice!

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Re: Hello

Posted by Vehkam - 05 Apr 2022 16:21

I just wanted to comment and let you know that if you stay connected here your chances of putting this behind you are tremendous. I was hooked on stuff for decades and I am now bli ayin hara clean for five months. I would not have been able to go a month without GYE.

I also highly recommend the book the battle of the generation it has become my best friend and I read a chapter every night.

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Re: Hello

Posted by Captain - 05 Apr 2022 22:39

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: Hello

Posted by Chaim91 - 06 Apr 2022 06:54

Wow it's great that you have been able to break free. I hope I will be able to say the same soon enough.

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