

The Journey Begins

Posted by Recovering_Hopefully - 23 Aug 2022 20:50

Hi. I have been involved in the world of p and m since around 5th or 6th grade. At first, and I'm sure most people my age had this experience, I didn't understand the severity of what I was doing. By the time I did, I was already an addict. There were times when I was inspired to stop (making a pact with my friends in yeshivah, going to Israel, starting to date, getting married, having a kid), but of course the inspiration always wears off. I had spoken with my Rebbe when I was in yeshivah about it and he was really helpful at the time. He recently asked me if I was still struggling with it and I told him I was. He told me that I should see a therapist about it and after a few sessions my therapist recommended I come here. And there you have it.

=====

Re: The Journey Begins

Posted by Vehkam - 23 Aug 2022 21:23

Welcome! You are in the right place. Poke around the forums a bit and you will find many people like yourself at various stages of their journey. I wish you tremendous success. If you haven't signed up yet, I recommend signing up for the gye daily boost.

=====

Re: The Journey Begins

Posted by ColinColin - 24 Aug 2022 21:12

Welcome.

Learn to understand why you do it.

That is the first step.

The learn how to deal with it.

This is the right place.

Mindfulness is a great help, read about that technique.

And Daven for help.

It is impossible to win this war "head on".

You have to hand control to Hashem.

=====

Re: The Journey Begins

Posted by hopetobegood - 28 Aug 2022 16:04

welcome! you come to the right place

=====

Re: The Journey Begins

Posted by ?????? ?????? - 28 Aug 2022 19:02

Welcome!

I highly recommend you to check out the free resources in my signature if you're struggling with the internet bdavka. They are geared to prevent you from even trying to access anything inappropriate through some very nice accountability features. They work well with gentech and other such filters. This is one aspect of many things that will help you but it is a pretty crucial one since we all have been exposed to p and developed a habit in regards to it.

=====

Re: The Journey Begins

Posted by Shtarkandemotional - 29 Aug 2022 04:51

Check out the book “the battle of the generation” it has completely changed my life!

=====