

New here

Posted by jmyers99 - 04 Sep 2022 17:20

Hi everyone,

New here. Found this platform recently, B'H.

Stumbled upon this problem around the age of 12. Not growing up frum, I didn't realize it was even an issue until I turned 20.

Over the last few years, I realized I was addicted and have been trying to quit.

I've not spoken to women for several years and my falls have gone down from almost daily to once every 4-5 weeks. I'm determined to break free permanently before I start dating.

Hatzlacha to everyone here. Looking forward to growing together

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Re: New here

Posted by jackthejew - 04 Sep 2022 17:41

Welcome! Check out the forum, articles, and tools! You are not alone, and We're all rooting for you!

Hatzlacha Rabbah!

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Re: New here

Posted by Zedj - 05 Sep 2022 04:23

Welcome!

keep snooping around the site, there is a whole treasure trove of stories, articles and audio library.

I suggest you read other fellow strugglers threads and see if anything they write connects with you at all.

Can you share what tools you have tried in the past?

Wishing you much hatzlocha on your journey.

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Re: New here

Posted by Captain - 05 Sep 2022 18:27

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: New here

Posted by jmyers99 - 05 Sep 2022 19:16

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Thank you