

Hello All

Posted by Greatful01012018 - 25 Dec 2022 13:26

Hi all, I'd like to take the time to introduce myself. Just a regular guy struggling with the struggles. Nothing too special to share. I value the power of community to help combat the difficulties of porn. In a perfect world there wouldn't be easy access, but unfortunately there is. So here I am. Thank you.

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Re: Hello All

Posted by Teshuvahguy - 25 Dec 2022 13:28

[Greatful01012018 wrote on 25 Dec 2022 13:26:](#)

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Welcome!

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Re: Hello All

Posted by DavidT - 25 Dec 2022 16:37

[Greatful01012018 wrote on 25 Dec 2022 13:26:](#)

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Welcome to the community!

Please stay around and share more about your struggles so we can work together as a great

family.

As you can see so many have recovered and hopefully you'll be doing much better soon as well!

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Re: Hello All

Posted by Captain - 25 Dec 2022 23:25

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 All

Posted by Eerie - 26 Dec 2022 05:37

hi there, Reb Hakoras HaTov! Welcome to the family! We all want to hear more, we want to hear if specific things work for you, we want to hear your successes and we want to hear if your struggling, because we care for you. Can you tell us more, like when did this start for you, where are holding in your journey to freedom from P&M,etc, anything, really. Keep it up, my friend! Waiting to hear from you

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Re: Hello All

Posted by Greatful01012018 - 27 Dec 2022 13:53

Alright alright, due to popular demand I will share a bit more about myself and journey lol. My user name is Grateful with some numbers added to the end. The reason I chose that name is because there BH is so much good in my life. In fact, I'd say it's virtually perfect. I have a happy marriage, beautiful children, a nice Parnasah, everyone is healthy. I am blessed beyond measure, and I don't take that for granted.

With that said, I do struggle with porn and masterbation (am I allowed to write it out). I've struggled with masterbation since 5th grade which is when I figured out how to do it. At that point I had no idea what it was. In fact I remember thinking I figured out this secret thing you can do to feel good that nobody else knows about. Over the years it just became a regular part of my life. I have some resentment to the chinuch system for completely ignoring these issues. I had absolutely no idea how to deal with it, I didn't know if it was normal, I thought I was a terrible or person so I think I just conditioned myself not to think too much about.

Porn only came along at the end of high school. It's usually only an issue for me when I have access. I bh am not chasing after access, but if the situation presents itself, I am almost sure to fall. Once my heart starts pumping it's over. My issues caused me to feel distanced from my family and incredibly guilty. I wanted to stop but had no idea how. Then, my wife found out about it and I am forced to address it. I am thrilled this happened because it gives me the opportunity to tackle the issue head on.

So now, here I am along with all the other warriors as we try and conquer the most difficult adversary known to mankind. I am honored to be here along with so many others who are determined to persevere.

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Re: Hello All

Posted by DavidT - 27 Dec 2022 15:03

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Yes, you can write out "porn and masturbation". Burying the issue will not help anyone.

You wrote *"Then, my wife found out about it and I am forced to address it. I am thrilled this happened because it gives me the opportunity to tackle the issue head on."* You're lucky to have such a positive attitude! And yes, with your determination and the help of Hashem, you'll be able to be one of the great warriors and winners in this exciting battle!

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Re: Hello All

Posted by Eerie - 27 Dec 2022 16:55

So beautifully positive! Positive about life in general, positive about your prospects of a victorious journey of freedom from our adversary. Honored to be part of your GYE family! Keep it up and keep us informed

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