

My Story

Posted by ephraimliberman - 04 Apr 2023 06:53

It all Started out when i was younger i bimistake dialed a wrong 1800 number and then i started knowing about all these hotlines and i was busy for hours with free trials till eventually i got access and went on bad sites watched things and even met up with people i just felt crazy all alone not knowing anything until i finally reached out to Gye and got connected with someone and bh for probably 120 days clean but now about a week ago i had 2 let downs but i am catching back, but i always have this guilty feeling also i am getting married in 2 monthes and its just not a good feeling.

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Re: My Story

Posted by Captain - 04 Apr 2023 13:15

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: My Story

Posted by yaazor - 04 Apr 2023 14:37

That's exactly how I got started with struggling with masturbation. When I first dialed the number by mistake I was confused and shocked. I was fairly young and did not know what to make of it.

The thing that worked for me was the 90 days challenge and then working to remain clean. I did have ups and downs from thereon, especially when I was feeling down, but that is to be expected.

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Re: My Story

Posted by chancy - 04 Apr 2023 16:37

[ephraimliberman wrote on 04 Apr 2023 06:53:](#)

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Wellcome to GYE!

Its wornderfull that you already went for 120 days clean! That means you know that you have the strength to get it done!

Your brain knows that its possible to go long periods without this, so keep it up.

Please explain a bit more what your problem is, is t Porn or Masturbation, both? Do you have easy access to internet? Filters?

Sometimes its more a logistical problem that you can get fixed and you can move on....

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Re: My Story

Posted by Eerie - 04 Apr 2023 17:54

Welcome to the family, my friend! May your Chassuna be with mazal and bracha! You came to

the right place, here we care about you, we want to here from you, and there is so much to learn from the site and the people on it. You sound like a great guy who knows how to fight back, 120 days is gevaldig! So stick around, learn the ropes, connect to some good guys, and beH with some hard work you'll be past all of this. Keep posting!

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Re: My Story

Posted by m111 - 04 Apr 2023 19:57

If your're here than you care. Ryme intended.

Like others said in the previous posts, welcome and connect with others.I also first started on my own, but the real change happened from talking and posting.

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Re: My Story

Posted by Horizon - 16 Apr 2023 21:11

hello ephraimliberman. welcome to the forums!

i'm sorry to hear you went through an unfortunate slope we're all too familiar with. it's an industry of billions of dollars that's trying to get us.

kudos to you for being strong and checking off all the right boxes moving forward: come to gye, check. connect w someone to help you, double check. stayed clean for a boatload of days triple check. and most importantly you checked off the stand up and wash off the bruises after you fall box.

i'm giving you a heartfelt bracha that your chasuna should be the biggest check of all, you should be zoiche to build a bayis neeman b'yisroel and continue to grow untill moshiach comes!

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