

Please read and comment tips

Posted by startlinglife - 03 Oct 2023 14:06

Hi all,

just putting myself out there and asking for advice. I've been struggling for as long as I remember and over the last 5-6 years or so it has been terrible. I've promised myself a thousand times this will be the time I'll stop. I joined GYE couple years ago but forgot about it. As a last ditch effort before I come to terms with the fact that rehab may be the only option, I'm reaching out on here. Friends, family, business, time, money have all taken a back seat to my addiction and it's eating me up inside.

im posting this hoping it'll start a thread of people who have had any amount of success against this struggle, to post tips on how to help. Also anyone who can reach out to me personally to give some advice or help me out would be greatly appreciated.

thanks all.

here's to the first day of the rest of my life.

=====

Re: Please read and comment tips

Posted by Captain - 03 Oct 2023 14:11

Welcome! For a quick boost of chizuk, some tips, and the realization that you can bust out of this, please read Vehkam's thread:

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress

It's amazing!

=====

=====

Re: Please read and comment tips
Posted by Shmuel - 03 Oct 2023 14:15

[startinglife wrote on 03 Oct 2023 14:06:](#)

Hi all,

just putting myself out there and asking for advice. I've been struggling for as long as I remember and over the last 5-6 years or so it has been terrible. I've promised myself a thousand times this will be the time I'll stop. I joined GYE couple years ago but forgot about it. As a last ditch effort before I come to terms with the fact that rehab may be the only option, I'm reaching out on here. Friends, family, business, time, money have all taken a back seat to my addiction and it's eating me up inside.

im posting this hoping it'll start a thread of people who have had any amount of success against this struggle, to post tips on how to help. Also anyone who can reach out to me personally to give some advice or help me out would be greatly appreciated.

thanks all.

here's to the first day of the rest of my life.

Welcome!

What have you already tried?

Have you tried a 12 step program?

=====

=====

Re: Please read and comment tips

Posted by cordnoy - 03 Oct 2023 14:47

[startinglife wrote on 03 Oct 2023 14:06:](#)

Hi all,

just putting myself out there and asking for advice. I've been struggling for as long as I remember and over the last 5-6 years or so it has been terrible. I've promised myself a thousand times this will be the time I'll stop. I joined GYE couple years ago but forgot about it. As a last ditch effort before I come to terms with the fact that rehab may be the only option, I'm reaching out on here. Friends, family, business, time, money have all taken a back seat to my addiction and it's eating me up inside.

im posting this hoping it'll start a thread of people who have had any amount of success against this struggle, to post tips on how to help. Also anyone who can reach out to me personally to give some advice or help me out would be greatly appreciated.

thanks all.

here's to the first day of the rest of my life.

Welcome.

This entire forum is about tips of what amounts to success against this struggle; accordin'ly, don't just focus on this thread, peruse all the threads.

Godspeed

=====
====

Re: Please read and comment tips

Posted by startinglife - 03 Oct 2023 16:57

I attended once but felt weird as I was the only struggling with porn and not just sex in general

=====

=====

Re: Please read and comment tips

Posted by bright - 03 Oct 2023 17:29

Already PMed you. I feel you may have more success with the thread if you share more of whats going on.

=====

=====

Re: Please read and comment tips

Posted by eerie - 04 Oct 2023 03:44

Hi! Welcome, my friend! I'm sorry for your pain. There are many wonderful things to learn here. On the forum, on on this site in general. So please stick around, learn the ropes, get to know the guys, and share whatever you feel comfoartable sharing. We want to hear from you. Can you tell us more about what your experiences, and waht you mean when you say that it is coming before everything else, family, finances, etc. Please keep posting and keep us in the loop!

=====

=====