

Hello

Posted by Adam2014 - 05 Oct 2023 09:42

I have been reading and looking around this site for a long time (years actually), and it is time to open up a little and post. I have learned a lot about the struggles that we all have, and I am amazed that so many Jews are fighting this demon. My story is not much different. I am a Middle-aged man who is happily married, has great kids and participates in P and M multiple times a day, and can't stop. But needs to.

Stepping off the curb and into the street by posting.. I hope I don't get run over by a bus.

I have to add that I am very impressed by the strides that many of you have made. It gives me a sliver of hope.

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Re: Hello

Posted by redfaced - 19 Oct 2023 22:37

[adam2014 wrote on 19 Oct 2023 19:29:](#)

On a 4 day streak for the first time in a LONG time... !!!!

I can hear the happiness in your post .

May you be Zocheh to keep this happiness & live it every single day

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Re: Hello

Posted by adam2014 - 20 Oct 2023 10:52

The happiness is real and I am hoping it has the same snowballing effect that falls have. When I fall, it leads to another fall and before you know it, I have lost a week or more of constant falling. I woke up this morning so excited to come on here and click another "clean day" .. It is

GYE - Guard Your Eyes

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becoming the favorite part of the day, I hope this leads to many more clean days, but I am only going to concern myself with today, I know the YH is lurking and you never know when he will attack.

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Re: Hello

Posted by Vehkam - 20 Oct 2023 11:01

Modeh ani...rabbah emunasecha - hashem you believe in me! (and I will spend another day accomplishing and making you proud)

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