

Looking for a mentor

Posted by Tshuvaboy - 05 Apr 2024 01:42

Hi everyone,

I have been engaging in pornography and masturbation since 2018. Before then I didn't engage with it for a period of about 4 years. I was in yeshiva and really into learning and it never got the better of me.

After some difficulties I suppose I needed away of dealing with stress, and this was the only helpful method I found. I do want to stop. I feel like this is holding me back from accomplishing great things...

I don't have anyone I feel comfortable speaking to about it.

Im looking for a mentor, someone who has been somewhat successful themselves to assist me.

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Re: Looking for a mentor

Posted by vibrantchosid - 05 Apr 2024 02:12

Hi, welcome to this beautiful community!! Did you try the "Flight 2 Freedom" program? I'm in the middle of it now and it's been really helpful so far, and also struggle with porn and masterbation

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Re: Looking for a mentor

Posted by chooseurname - 05 Apr 2024 14:03

Hey! Welcome!

You're in the right place. There's an official [mentor section on the site](#) where you can get matched with people. There are also some truly amazing people here who make themselves available for people to reach out. Specifically, @HashemHelpMe. His email is in his signature definitely reach out to him.

A mentor is just one step though. What else are you doing to help yourself?

How's your filter situation?

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Re: Looking for a mentor
Posted by eerie - 05 Apr 2024 17:27

Hi! The fact that you recognize that you need somebody in your life that can help you is HUGE! And BH you're reaching out to find one. I'd definitely encourage you to give HHM a call. His email is the post above. And try Chaim Oigen, Iwannalivereall. Some others, too. There's a great community of people that are here to help one another break free

Looking forward to hearing from you!

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