

Not sure if this is for me

Posted by PaulONeill21 - 09 May 2024 11:49

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I joined GYE like 10 years ago and didn't remember why I left. I now remember why as there is tons of stuff on the forum that I would have never thought of or considered and it's now putting ideas into my head. I beg Hashem to get my mind out of the sewer everyday. What should I do going forward as I find the forum just as triggering as other places my filter blocks. Thank you

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Re: Not sure if this is for me

Posted by Markz - 09 May 2024 12:09

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[PaulONeill21 wrote on 09 May 2024 11:49:](#)

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Welcome back.

Can you share with us what you learnt over the past couple of years from the guys here, and what has helped you break free from porn

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Re: Not sure if this is for me

Posted by yitzchokm - 09 May 2024 12:34

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Do you still find it triggering or is it a thing of the past? Ten years ago the men's and women's division might have still been together. Also, is it only the Baalei Batim's forum that you find triggering or is it everything? Also, is it just that it makes you think more about your struggles or do you find yourself struggling more? In addition, towards the beginning of your journey you may be struggling more than before because your body is used to doing things it shouldn't be doing and now that you are refraining it feels hungry but eventually that subsides.

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Re: Not sure if this is for me

Posted by PaulONeill21 - 09 May 2024 12:42

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Perhaps I was a bit unclear. I joined like 10 years ago then left and I had no Recollection why now I remember it was due to the forum being triggering. I remember there were phone conferences then.

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Re: Not sure if this is for me

Posted by yitzchokm - 09 May 2024 12:54

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[PaulONeill21 wrote on 09 May 2024 12:42:](#)

Perhaps I was a bit unclear. I joined like 10 years ago then left and I had no Recollection why now I remember it was due to the forum being triggering. I remember there were phone conferences then.

There are phone conferences today but I think they are only for the 12-steps program and not everyone needs the 12-steps. It is very possible that the content on the forum today is very different from what it was 10 years ago. I can see the Baalei Batim's forum being triggering for some people but the rest of the forum shouldn't usually be triggering. We are very careful about what we write and how we write it.

Aside for the forum there are the Flight to Freedom program, Daily Progress, Toolbox, Library and some other features. I suggest that you do the Flight to Freedom program, and that you regularly read The Battle of the Generation which many people are reading. Here is the link to the e-book: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

Perhaps it is worth reading only a little bit of the forum at a time and checking whether you can pinpoint on specific posts that you find triggering. As I wrote the struggles can get harder in the beginning because you are fighting your urges and it is possible for there to be new struggles that aren't due to the forum. If I still misunderstood something you were trying to say, please clarify.

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