

New Shanah, New Me?

Posted by shiflushaodm - 09 Oct 2024 08:53

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So, similar story to many other people, so vague details for privacy and lack of necessity. Top bochur, classmates with unrestricted access that started speaking about stuff already in early mesivta years, I started off with flip phones and 3g, then eventually bad androids and better androids. b"h (or at least that's what everyone i help says) I'm good with computers, both the tech support and the programming part of it, so filters were/are useless. I'm probably going on 7ish really bad years of p&m, with my longest break being an hachlatah to stop for one of my birthdays. it only lasted 30 days. I recently heard from one of my friends that he switched to an iPhone for filter purposes, because he works in yeshivas, so its a good dugma chayah for the bochurim. I thought that was a good idea, so i got myself one as well if only for the thought that since i spent such an amount of money to use an annoying unfamiliar system (and the built-in filter with some modifications to harden it) would deter me. Unfortunately i still have PC's and other phones which i find hard to throw out/give to someone for safekeeping "just in case i need something from there for my new phone" so i still struggled. Erev Rosh Hashanah I thought to myself that I'm getting older, eventually shidduchim and actual life stuff will be coming up pretty soon, i gotta do something about it. I made a decision to quit and get community help properly this time. I've used GYE before, but not properly (i made a new account because i didn't want to see all my marked fails from before) so here I am, just finishing 6 days into Tishrei, and b"h 7 days clean. hopefully I'm in it for the long run this time ly"h.

Thank you for reading and being here for me and a Gmar Chasimah Tovah.

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Re: New Shanah, New Me?

Posted by eiyantov - 09 Oct 2024 10:27

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Amazing. Congrats on writing your story. A very important first step in a very heilige direction.

Whenyou are ready, reach out to HHM or one of the other tzadikim here. They are here to help you rid yourself of p/m forever!!!

Hatzlocha on your journey.

Feel free to reach out!

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Re: New Shanah, Completely New Me!  
Posted by proudyungerman - 09 Oct 2024 17:12

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Welcome back my dear brother!

Here you will find care and concern, but more importantly, here you will find that you CAN break free!

It seems like you're familiar with GYE, but have you heard of the TBOTG (The Battle of the Generation)?

It's a book that many people here, myself included, have found very helpful in reframing the fight in a positive light.

But, something maybe more important, is to get in touch with a mentor. HHM (Hashem Help Me) is the mentor-in-chief. He is reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com). He has helped hundreds, present company included. (Also, recommended are eerie ([1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com)) and Muttel ([muttel15@gmail.com](mailto:muttel15@gmail.com)), both wonderful people who I speak to on a regular basis...)

Please think seriously about it. It can really change your life.

Remember, they also *really* get it...

You can do it!!)

(Captain, link please?)

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Re: New Shanah, Completely New Me!  
Posted by eerie - 09 Oct 2024 17:41

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Welcome, tzaddik! Yes, you can break free. Give me 22 minutes, I'll give you the world. (I think )

This is a great place, with wonderful, helpful tips and techniques where we learn how to break away from all the garbage, so stick around, reach out to some safe friends, and beH you'll soon

learn to love the new you!!!!

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Re: New Shanah, New Me?

Posted by hopefulposek - 09 Oct 2024 19:11

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Welcome!

Don't know when your were last on GYE but if it was before the F2F program check it out, and keep posting and when you are ready reach out to connect with the amazing chevra here. ly"h you will have tremendous hatzlachah!

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Re: New Shanah, New Me?

Posted by gyemember123 - 09 Oct 2024 19:49

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Hi\_ I relate to your story and wish you tons of hatzlacha on the journey!

I want to share with you a tool that helped me tremendously on my journey!! I have been on the journey of recovery for 10 years. Its only in the last 3 years that i discovered the teachings of Rebbe Nachman and that they deal head on with our struggle! The thing i like best is he doesnt only talk about the problem but offers help.

One very powerful tool is Tikkun Haklali! 10 psalms that he says help very much! I was quite skeptikal about TK being able to help me, but I was desperate for HELP and took it on to say TK for 40days to be able to help me thru my Porn addiction etc.

I begged G-d to show me and let me feel changes happening in me if its real and Thank G-d i felt something shift in my recovery. I have been saying Tikkun Haklali basically every day since for the last 2 years and it helps me tremendously!

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Re: New Shanah, Completely New Me!

Posted by proudyungerman - 10 Oct 2024 00:17

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[eerie wrote on 09 Oct 2024 17:41:](#)

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22 minutes?!?  
that's way it goes (went?)

Is this user dating himself?

**Warning: Spoiler!**

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Re: New Shanah, Completely New Me!  
Posted by shiflushaodom - 10 Oct 2024 04:01

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wow, thank you for the vote of confidence for me in the title edit.

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Re: New Shanah, Completely New Me!

Posted by shiflushaodm - 10 Oct 2024 04:02

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[proudyungerman wrote on 09 Oct 2024 17:12:](#)

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Remember, they also *really* get it...

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(Captain, link please?

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Re: New Shanah, Completely New Me!  
Posted by Captain - 10 Oct 2024 12:51

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[proudyungerman wrote on 09 Oct 2024 17:12:](#)

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See below in my signature.

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Re: New Shanah, New Me?  
Posted by mosh1achnow - 11 Oct 2024 08:02

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Welcome back!

I really relate to your story, we're in this together

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