

My story

Posted by hockeyfan83 - 20 Nov 2024 18:10

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Hey everyone,

I've been dealing with the difficulties of P&M for over 20 years. This is definitely not who I am, yet my Yetzer Hara seems to catch me far too often. Lately, I've been able to go anywhere from several days to even up to 3 weeks without any engagement. However, it is still a big problem for me, one that I so very much want to be rid of asap. It still comes back to bite me far too often.

As such, I joined this website with hopes to become free of this nasty burden.

Any pointers/chizuk would be much appreciated.

Thanks!

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Re: My story

Posted by vehkam - 20 Nov 2024 18:22

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welcome to the forums. fighting this for over 20 years is very choshuv. i am sure you will find lots of helpful advice here. Some of my basic recommendations are signing up for Vayimaen and reading a book such as The Battle of the Generation every day. Posting regularly here will also help as you become part of a chevra who are here to support each other.

best wishes

vehkam

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Re: My story

Posted by hockeyfan83 - 20 Nov 2024 18:24

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How do I sign up for Vayimaen?

?Where can I get that book?

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Re: My story

Posted by stopsurvivingstartliving - 20 Nov 2024 18:30

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To signup for the videos [vayimaen.org/signup/](https://vayimaen.org/signup/)

You can order the book here [www.amazon.com/Battle-Generation-Hillel-S/dp/1491046945](https://www.amazon.com/Battle-Generation-Hillel-S/dp/1491046945)

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Re: My story

Posted by vehkam - 20 Nov 2024 18:40

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[stopsurvivingstartliving wrote on 20 Nov 2024 18:30:](#)

To signup for the videos [vayimaen.org/signup/](https://vayimaen.org/signup/)

You can order the book here [www.amazon.com/Battle-Generation-Hillel-S/dp/1491046945](https://www.amazon.com/Battle-Generation-Hillel-S/dp/1491046945)

thanks -

i can also get you a copy of the book if for any reason it is difficult for you to order it.

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Re: My story

Posted by rebakiva - 20 Nov 2024 19:21

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[hockeyfan83 wrote on 20 Nov 2024 18:10:](#)

Hey everyone,

I've been dealing with the difficulties of P&M for over 20 years. This is definitely not who I am, yet my Yetzer Hara seems to catch me far too often. Lately, I've been able to go anywhere from several days to even up to 3 weeks without any engagement. However, it is still a big problem for me, one that I so very much want to be rid of asap. It still comes back to bite me far too often.

As such, I joined this website with hopes to become free of this nasty burden.

Any pointers/chizuk would be much appreciated.

Thanks!

Welcome dear brother hockeyfan.

Another great way of dealing with this struggle would be to reach out to some live human beings, starting off with the chief mentor HHM at [michelgelnier@gmail.com](mailto:michelgelnier@gmail.com), or EERIE at [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), or MUTTEL at [muttel15@gmail.com](mailto:muttel15@gmail.com).

**Warning: Spoiler!**

Also posting regularly helps you feel the warmth our family shares with one another.

Keep it up and keep us posted.

With love Akiva

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Re: My story

Posted by hockeyfan83 - 20 Nov 2024 20:44

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Who are these people you listed?

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Re: My story

Posted by BenHashemBH - 20 Nov 2024 20:54

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[hockeyfan83 wrote on 20 Nov 2024 20:44:](#)

Who are these people you listed?

Shalom HockeyFan and welcome!

They are mentors with a lot of experience helping the good folks of GYE (and I'm sure lots of other folks too).

If you are comfortable, you can reach out. No worries if you aren't (yet). Stick around, make some friends, and let's get to beating this yetzer hara.

Hatzlacha!

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Re: My story

Posted by proudyungerman - 21 Nov 2024 01:22

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Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the Vaad Program\*, the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

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There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com). Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), and iwannalivereal - [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com) are a great place to start!

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

\*Shem, link for the Vaad Program??

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